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AUGUST 2008

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Random acts of seduction, p. 178!

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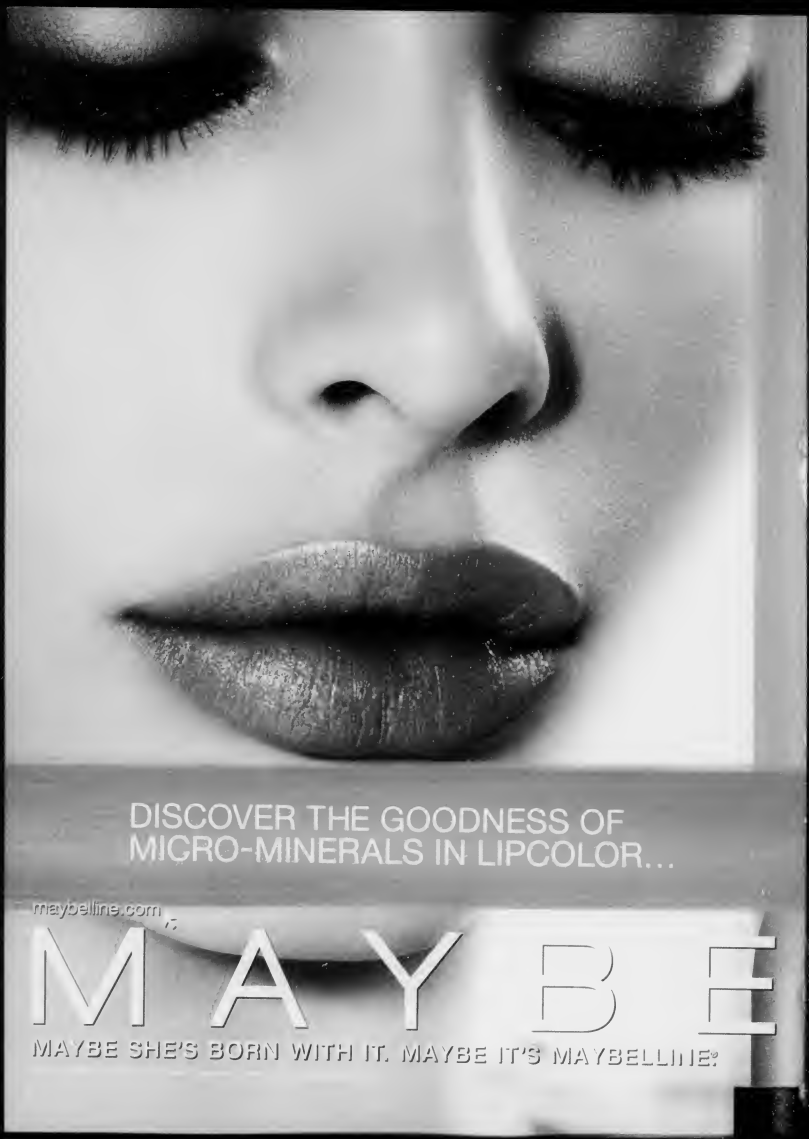
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COVER READS

JEANS SPECIAL! *Pages and pages of body-flattering pairs*

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ON OUR COVER

Christina Aguilera was shot by Robert Erdmann at Smashbox Studios in Culver City, Calif. Hairstylist Peter Savic used a large-barrel curling iron and hair gloss (our pick: Redken Glass 01 Smoothing Serum, $15, redken.com for salon locations). Makeup artist Kristofer Buckle applied brown shadow, coral blush and peach lip gloss (we like Max Factor Lipfinity 3-D in Opal Luminosity, $9, and Max Factor ColorGenius Blush in Peaches, $8.50, both at drugstore.com). Editor: Maggie Mann; hair: Peter Savic for soloartists.com; makeup: Kristofer Buckle at The Wall Group; manicure: Leda Nguyenle at Beverly Hills Nail Design. Cardigan, American Eagle Outfitters; tank, Splendid; jeans, Hysteric Glamour; ruby and diamond crescent necklace, Renee Lewis; other necklaces, rings, Stephen Webster. See Go Shopping for more information. Read more about Aguilera on page 170.

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Power is beautiful! Olympic knockouts who'll wow you.

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FROM TOP: ROGER PERRY; ARTHUR ELGORT; CHRISTOPHER GRIFFITH

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In honor of this summer's Olympics, tell us what you could win a gold medal in.

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No-bake cookies—the *only* thing I ever learned to cook well. It's a very intense four minutes of oatmeal, cocoa and peanut butter.

General clumsiness: tripping, stumbling, dropping stuff. I'm the house-guest people fear giving red wine to!

Mechanical bull riding. Look. I'm awesome!

COCOA, OATMEAL, PEANUT BUTTER AND SPILLED WINE: JUPITER IMAGES; MECHANICAL BULL: LISA KING

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In honor of this summer's Olympics, tell us what you could win a gold medal in.

Organization. I'm a type A freak: My clothes are sorted by color, and my 300 DVDs are alphabetized.

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I could win the gold for justifying *any* shopping purchase. Need to spend $500 on boots? I can make your buyer's remorse disappear!

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LETTERS

More glam picks

Why wasn't Salma Hayek on the list of "The 50 Most Glamorous Women of '08" [June 2008]? She's gorgeous and talented.

MARILYN ADAMS, LEXINGTON, KY.

Where has your *Glamour* been?

I recently went to NASCAR races in Charlotte, North Carolina. *Glamour* certainly turned a few heads when I pulled it out during a race. You may have some new male readers now!

TERI TAYLOR, RESTON, VA.

Taking your *Glamour* on summer vacation? Send in your photo and we might publish it. See details at right.

You missed Queen Latifah. She is beautiful, smart and talented. Instead of emulating the Hollywood standard stick-thin figure, she's just trying to be healthy and happy.

TURQUOISE HEREFORD, SAN DIEGO

Ali Larter! She's so beautiful and takes her health very seriously. Effortless glamour!

KIM BUDZIAK, VIA E-MAIL

Kate Winslet is the classiest and most glamorous woman there is...

PATRICIA DAVIS, AUBURN, ALA.

...and Jodie Foster always looks glam, even in jeans and a T-shirt!

MARTHA PATTERSON, SILVERDALE, WASH.

The Simpson divide

Thank you for your fun interview with Jessica Simpson—and for being fair to her ["Jessica in Love!" June 2008]. I think she's been highly misunderstood. She has made some choices that are not to her benefit, but we all do.

VIVIENNE MILLS, TUMBLER RIDGE, BRITISH COLUMBIA

Jessica Simpson states that when she did the MySpace concert in Kuwait, she "roughed it like a soldier." My fiancé was in Kuwait, and the idea that a pop star would compare herself to how he lived is frustrating! She in no way had a soldier's experience.

SARAH MORRIS, TULSA, OKLA.

Jessica needs to obey that old maxim: It is better to keep your mouth closed and be thought a fool than to open your mouth and remove all doubt.

CARRIE STUART, VALENCIA, CALIF.

Tribute to a fighter

Thanks for running Andrea Coller's essay about her battle with cancer [nonfiction contest winner: "I Want My Life Back," June 2008]. In high school she was my best friend, songwriting partner and companion for watching bad TV and eating spinach and tomato pizza. Your June issue arrived on the day of Andrea's funeral. Reading her sassy, funny and poignant words was a great comfort. I will not forget who she was.

AMANDA ROEDER, SALEM, MASS.

I was amazed at Andrea Coller's strength and grace. The fact that she went through such a harrowing experience and still kept her sense of humor and drive to overcome her disease is an inspiration to all. I definitely won't take my health for granted anymore after reading her story.

ALYSSA FREDERICK, ROCHESTER, N.Y.

To read Andrea's piece—and all of the articles mentioned on this page—go to glamour.com/magazine.

Andrea Coller never lost her spirit.

Got an opinion?

Sure you do—and we want to hear it. Send your submissions and photos to *Glamour*, 4 Times Square, New York, NY 10036-6593; fax to 212-286-6922; or send an e-mail to letters@glamour.com. Include your name, address and phone number. Letters may be edited for clarity and length. All submissions to *Glamour* become the property of the magazine and won't be returned; they may be edited and published or otherwise used in any medium.

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For an update on Life With Cancer columnist Erin Zammett Ruddy, visit **glamour.com/health**.

OLAY

Don't forget ***your*** back-to-school supplies.

Moms, make sure somewhere in the mound of notebooks and ballpoint pens there's a little bottle of Olay Regenerist. Because the only lines you should see this back-to-school season are at checkout.

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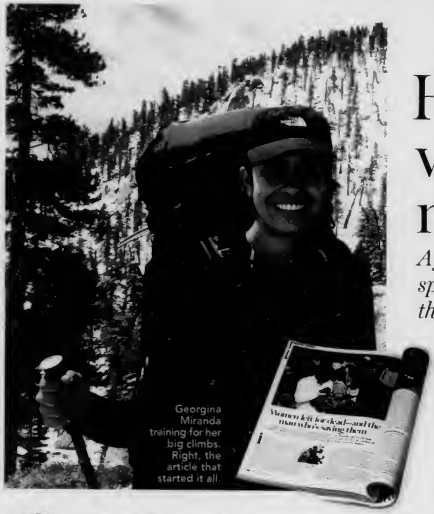

Georgina Miranda training for her big climbs. Right, the article that started it all.

How you're working miracles

A few pages of Glamour spurred these women to change the world. Inspiring!

Georgina Miranda was just looking for a new haircut. The 27-year-old L.A. real estate developer started paging through *Glamour* last August in search of a long-hair alternative—but soon found herself deep into a piece about women in the Congo who have been brutally raped during that country's civil war. "I couldn't go to sleep that night," says Georgina. "I couldn't believe this crisis had been going on for so long...and I wanted to help."

That's exactly what she's doing: As this issue hits newsstands, Georgina is embarking on a mission to climb the world's eight highest mountains, a project she hopes will raise $2.2 million. The money will provide lifesaving care to women and children in the Congo and Uganda through the International Medical Corps; sponsors have pledged $50 for every meter Georgina climbs, starting with Russia's Mount Elbrus this month. "My friends and family were a little concerned; growing up, I was not a top athlete by any means," she admits. "But my husband was like, 'Of *course* you're going to do that'—when I get something in my head, I just do it."

When I heard about Georgina's trip, I was impressed, humbled, but not surprised, because there are so many fierce, fabulous Georginas out there—women who, when they hear that the world has a problem, assume that, naturally, they should be the ones to fix it. Two of them, Mary Cady Ford and Kathie Rabasco (both at left), discovered the problem they wanted to fix while reading these pages. And they're just the ones who wrote to us.

I'm not bragging on *Glamour* here; the motivation to do good can come from anywhere, anytime. But if we somehow managed to inspire a great act of kindness—hey, we'll take that. And if we inspire a great haircut? We'll take that, too.

Cindi Leive, EDITOR-IN-CHIEF

Mary Cady Ford, 25, *was a struggling single mom and student when she read a quote from lawyer Gloria Allred in* Glamour *about having no time for self-pity. It motivated her to start finishedup.com, an organization that helps single moms in school.*

Kathie Rabasco, 39, *saw a story in our February issue about Tom Simon, who donated a kidney to a woman he didn't know. "I thought, If I can do this, I'm going to," she says. Two months later she gave her kidney to a female lawyer who'd been on dialysis for two years—and who, thanks to Rabasco, is thriving now.*

Congrats to Mariane Pearl!

This month she begins a well-earned sabbatical from her Global Diary column to work on a memoir. I am awed by the reporting she's done over the past two years, and I'm not alone (see right).

Receiving the Vital Voices Global Leadership Award from Angelina Jolie on April 7...

...and the White House Project 2008 EPIC Award with me on April 17...

...and the International Outreach Award from American Women in Radio and Television on March 14. At near left, AWRT's president, Maria Brennan.

FORD JOHN RUSSELL/VANDERBILT UNIVERSITY LEIVE (SMALL PICTURE) NORMAN JEAN ROY; HAIR AND MAKEUP EMIRLA/CHAPELLE REPRESENTATION PEARL AND JOLIE BRIAN SILAK. LEIVE AND PEARL: MARK VON HOLDEN/WIREIMAGE.COM PEARL AND BRENNAN CHRIS LIVINGSTON

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Rihanna is smiling in Wetslicks AmazeMint in Pink Positive. Find your amazing smile at covergirl.com

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*vs. bare lips

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What was the last great book you read?

This month's contributors confess their current obsessions.

"Sisters, *by Danielle Steel. I loved how it showed the strength of family bonds, even when there's hardship.*"

—Model **Bre Joyner** appears in "All-American Beauty," page 140.

"Lessons in Tanya: The Tanya of Rabbi Shneur Zalman of Liadi, *a Kabbalah guide. Like eyeglasses, it makes life look different.*"

—**Daniel Gabbay**, whose work has been in *GQ* and *Elle*, shot "The New Rules of Casual Chic," page 172.

"*David Sedaris'* When You Are Engulfed in Flames. *Laugh-out-loud hilarity.*"

—**Shaun Dreisbach**, a *Glamour* contributor, wrote Body by Glamour, page 84, and "The 11 Greatest Bodies on Earth," page 156, an Olympic tribute

"Nureyev: The Life, *by Julie Kavanagh, captures the dancer's grandness and his sense of style.*"

—**Garren**, the hair pro who's worked with Angelina and Madonna, styled the looks in our beauty story, "Why You Should Try Bangs," page 166.

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dos, don'ts, news & views

GLAMOUR'S QUICK TAKE ON EVERYTHING SEEN ✦ HEARD ✦ NOTED ✦ & QUOTED

GLAMOUR-APPROVED: THE "UNDO-PLASTY"

Think the plastic-surgery craze is out of control? Actually, surgeries to *reinstate* nose bumps (or other supposed "flaws") now make up half of some plastic surgeons' practices. And what's a trend without a celeb fan base? Courtney Love sounds like she'd be up for a lip redo, and British papers speculated that Posh Spice reduced her breast implants! —*NINA CARBONE*

1996
Love, way back when

2008
The trend: undo-plasty

"I [just want] the mouth God gave me.... It was perfectly cute."

—COURTNEY LOVE (a potential customer?), blogging about her inflated lips

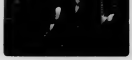
LOVE: 1996: STEVE GRANITZ/WIREIMAGE.COM; LOVE: 2008: AMY GRAVES/WIREIMAGE.COM; CAREY AND CANNON: JIM SATO/ICON SPORTS; CAREY AND NICK: JEFF KRAVITZ/FILMMAGIC; CAREY AND JESS: ROBERT ABBOTT SIGLER/ZUMA PRESS; RICHARD USA: HEIGL AND KELLEY: CORBIS; PLASTIC SURGERY SOURCE: CHICAGO TRIBUNE, JANUARY 21, 2008

DO music videos lead to true love?

Behold the magic of meeting in front of a wind machine. If these couples are proof, Nick and Mariah may last!

Carey and **Cannon** fell for each other on the set of Carey's video "Bye Bye."

Nick Lachey met post-Jess flame **Vanessa Minnillo** at his "What's Left of Me" shoot.



Still together: **Ric Ocasek** and **Paulina Porizkova** married after the Cars' '84 "Drive" video.

Filming "Only You" was so romantic that **Katherine Heigl** and **Josh Kelley** eventually got hitched!

quoted

"I'd choose George Clooney. He'd have a beautiful linen maternity tux."

—TINA FEY ON WHO SHE'D PICK TO BE HER CELEBRITY SURROGATE

DO take a five-minute laugh break

Adam McKay is one of those lucky Hollywood dudes who does hilarious for a living. The director-cowriter of the new comedy *Step Brothers* is also cofounder of funnyordie.com. Search for his faves on the site:

"Will Ferrell's George W. Bush is dead-on; he nails his frat-boy attitude. Throw in national treasure Jon Stewart and it's really worth watching."

"Dave Grohl and **Will Ferrell** perform the Stevie Nicks–Don Henley song 'Leather and Lace' together. Yes, that really happened."

"John Mayer is one funny mofo. Who knew? My favorite part is the guy doing drugs for him. I just hired a guy to do crunches for me."

IS IT A DO OR A DON'T?

YOUR VOTES ARE IN ON WHAT GOT BLACK BARRED THIS MONTH

Patrick Dempsey and Michelle Monaghan in *Made of Honor*

Having a brides-man

52% SAY IT'S A DO
48% SAY IT'S A DON'T

Super-pointy fingernails

3% SAY THEY'RE A DO | **97%** SAY THEY'RE A DON'T

Seventies-style prints

79% SAY THEY'RE A DO | **21%** SAY THEY'RE A DON'T

Going braless to work

8% SAY IT'S A DO | **92%** SAY IT'S A DON'T

Summer scarves

66% SAY THEY'RE A DO | **34%** SAY THEY'RE A DON'T

You cannot give black dress advice on your friend's Dream Dates at glamour.com

— DO TELL, CARLA! —

"When my picture is taken, I say 'sex,' not 'cheese.'"

—CARLA BRUNI-SARKOZY, MODEL, SINGER AND FIRST LADY OF FRANCE

Downloading Coldplay's personal playlist? A must-DO

On the road supporting their new album, *Viva La Vida*..., Chris Martin and co. created this playlist for *Glamour*.

1. *"The Sun Always Shines on T.V.," by a-ha*
2. *"Happiness," by Goldfrapp*
3. *"Young Americans," by David Bowie*
4. *"Behind the Wheel," by Depeche Mode*
5. *"Venus in Furs," by Velvet Underground*
6. *"You Showed Me," by The Turtles*
7. *"Devil in a Sleepin' Bag," by Willie Nelson*
8. *"Slow Nerve Action," by The Flaming Lips*
9. *"Broken Boy Soldier," by The Raconteurs*
10. *"Wake Up," by Arcade Fire*

MADE OF HONOR COURTESY EVERETT COLLECTION; JAILS DON'T COURTESY EVERETT COLLECTION; SEVENTIES-STYLE PRINTS STEPHEN LOVEKIN/GETTY IMAGES; SUMMER SCARVES SPLASH NEWS; FEY JANET GOKEY/CELEBRITYPHOTO.COM; BRUNI-SARKOZY RETNA; MARTIN JASON HEDGES/RETNA; ILLUSTRATION TRONWPOWERSAM.COM; FEY QUOTE MONETONE'S "UNCUPPITED"; BRUNI-SARKOZY QUOTE NEW YORK POST, MAY 6, 2008

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SEE THE DIFFERENCE

quoted

"The process of the laying off the B.S. starts around 40. Before that, most men have their heads stuck in their ass."

—DENNIS QUAID ON WHY IT'S BETTER TO BE WITH AN OLDER GUY

GLAMOUR TRIBUTE

YVES SAINT LAURENT

1936–2008

"We must never confuse elegance with snobbery."

—YVES SAINT LAURENT, the iconic French designer whose five-decade career gave us everything from safari jackets to pantsuits. He died in June at age 71.

GLAMOUR GIRLS BY MARISA MARCHETTO

DO or DON'T? Primping in public

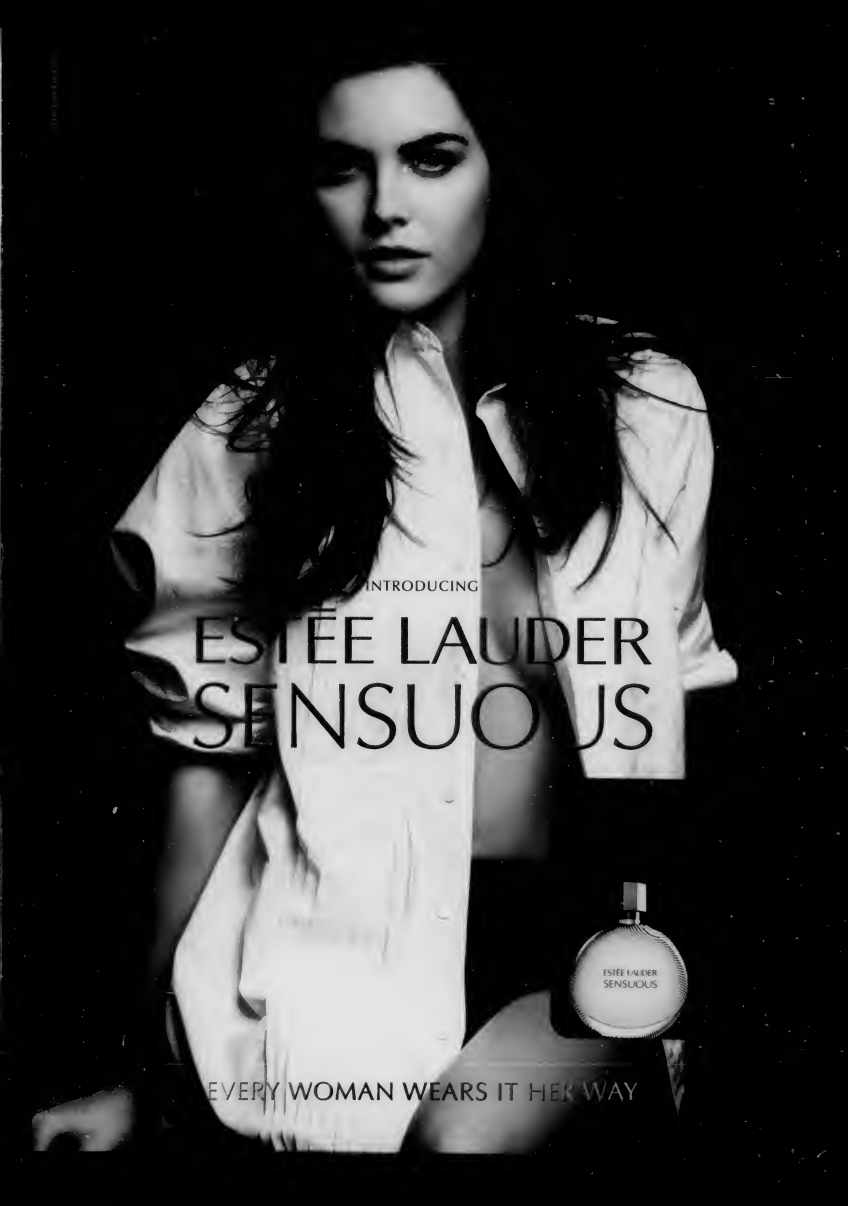
We all do touch-ups on the fly, but volunteer Cristina Perez took her *entire* hygiene routine outdoors. How'd it go?

That's gotta hurt.

"Brushing my teeth freaked people out. But this woman was nice enough to hold my mirror while I tweezed."

"This guy asked if I had an extra razor for *him*. Overall, people seemed oddly unfazed."

CAMPBELL: STAR SEYMOUR/BELLA; GENEVIVE: ISIS LANCASTER/GETTY IMAGES; KRUGER: STAR SEYMOUR/BELLA; MODEL: BELLA; KIDMAN: COURTESY EVERETT COLLECTION; MEESTER: STAR SEYMOUR/BELLA; USA: LAURENT: BETTMANN/CORBIS/AP/EVERETT COLLECTION; QUAID: GILBERT FLORES/CELEBRITYPHOTO.COM; PRIMPING IN PUBLIC: DAN MALLAMA; PRODUCER: LYNN HURST; QUAID QUOTE: THE INDEPENDENT, 2006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Roll Away Puffiness and Dark Circles!

NEW Garnier Skin Renew Anti-Puff Eye Roller rolls away under-eye puffiness and dark circles. With a caffeine gel in a gentle massage roller, it stimulates micro-circulation around the delicate eye area for brighter, more radiant eyes. Visit **garnier.com** for more information.

In or Out?

Tune in to see who's in and who's out on the new season of Bravo's *Project Runway*. Watch as TRESemmé creates the hair to complement the fashion, starting in July 2008. Visit **tresemme.com** for more information.

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quoted

"It's great I'm the queen. It's nice to be the queen of something, darling."

—DONNA SUMMER, THE YOU-KNOW-WHAT OF DISCO

He has a MOM?

Even trash-talkers and big-screen bullies love their mommies! Proof: *American Idol* meanie Simon Cowell reportedly meets his mum twice a week when he's in London, "Bad Boy" Diddy's mom is often his red-carpet date, and remember when Russell Crowe threw that phone? His mom reportedly made him apologize. Sorry, softies, but the tough-guy jig is up!

Now, now, Simon, make nice to the camera.

— DO CELEBRATE YOUR MOMMA! —

"I'd like to thank you and your womb of steel."

—STEPHEN COLBERT, who is the youngest of 11 (yes, eleven) children

THE '90s RETURN: A DO!

Grunge, the Macarena, the "Rachel" haircut—oh yes, they're *baa*-ack! Below are just four examples of how the decade that brought us *The Starr Report* is having its 15 minutes.

▲ ***90210:*** In a fall CW spin-off, Jennie Garth stars as a counselor at West Beverly Hills High!

◀ **Whitney Houston:** Expect a new album from her this year.

▲ **Kathie Lee Gifford:** Back on morning TV.

▲ **New Kids on the Block:** The boys are touring again now.

Glam cam

We asked readers to snap a digital photo to answer our nosy question of the month.

Show us the pair of jeans you'll never throw away!

1

"These jeans traveled all over Europe with me."
—CHELSEY NELSON, 22, TEMPE, ARIZ.

2

"I've had these Levi's since I was 18. I love them!"
—JANE MYDLACK, 26, FAIRHAVEN, MASS.

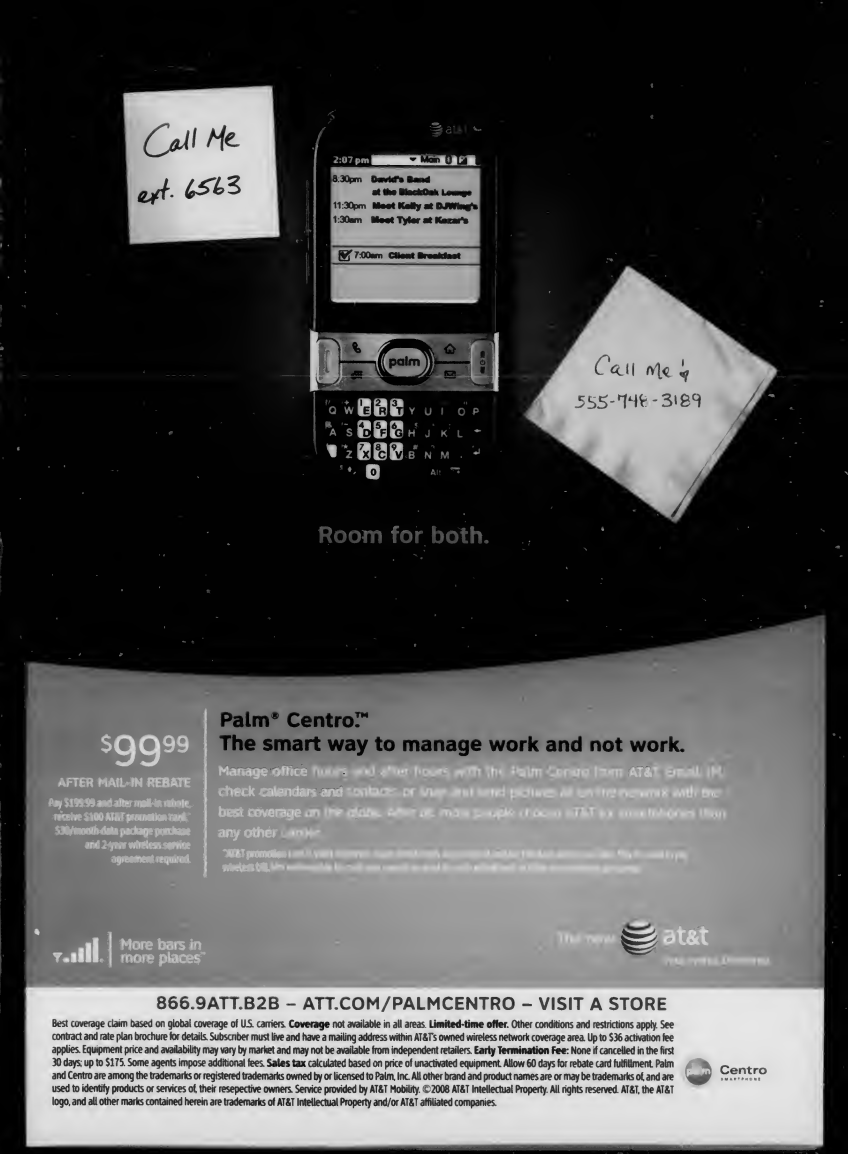
3

"This pair looks great on, and they're a man magnet."
—STEPHANIE ABDULLAH, 38, LOS ANGELES

4

"My 2006 Bebe jeans. They hug my butt just right!"
—KIRSTEN PRUNTY, 34, SAN DIEGO

COLBERT: JAMIE MCCARTHY/WIREIMAGE.COM SUMMER: FERNANDO ALLENDE/CELEBRITYPHOTO.COM COWELL AND MOM: SPLASH NEWS 90210: COURTESY EVERETT COLLECTION GIFFORD: VIRGINIA SHERWOOD/NBC NEWSWIRE HOUSTON: NEIL MATTHEWS/RETNA NEW KIDS ON THE BLOCK: JANETTE BECKMAN/RETNA SUMMER QUOTE: CNN.COM, MAY 29, 2008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Drew's million-dollar miracle

Drew Barrymore's gift to Africa's kids changed their lives—and her own.

THESE DAYS, ALMOST EVERY CELEBRITY has a pet cause. They headline a benefit, walk the red carpet and raise some money—all admirable and good, but not exactly Drew Barrymore's style. Instead, as an Ambassador Against Hunger for the U.N.'s World Food Programme (WFP), she has traveled to Kenya and met with hungry women and children. "At first, I was overwhelmed," Drew told *Glamour*. "How could I, as one small person, have any effect? Then I learned that 25 cents a day can feed a child." This spring, after the price of food in Africa rose 55 percent, Drew donated $1 million to WFP to feed millions of Kenyan children. It's a lot of money, but Drew wants others to know that even much smaller amounts help. Just one dollar will provide a girl with four nutritious school lunches or rations to take home to her family; $50 will feed her for a year. "Any donation can not only make a difference," says Drew, "it can actually change children's lives." —*SARAH ROBBINS*

Visit drewbarrymore.com to find out how you can put your latte money to work.

WFP/GUILLAUME BONN

Go to glamour.com/news to nominate a woman who is a hero to you!

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Best beauty toys

When's the last time a beauty purchase made you giggle? Too long ago! But face it, looking good is only half the beauty battle—you've got to feel it too. So bring on the fun finds! After all, you're prettiest when you smile.

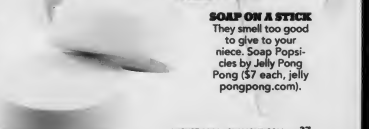
GLOSS YOU WANNA EAT
It's so sweet, they wrap it like candy. Dianne Brill Lip Lingerie Lipgloss in Bullet Bra ($27, beautyhabit.com).

A FASHIONY SCENT
Pick one of a dozen bottle "outfits" for this fruity fragrance. Diesel Fuel For Life Women, 50 ml ($52, diesel.com for stores).

HAPPY PILLS
Pop a baby powder–scented mood booster in the tub. Smiley Therapeutic Bath Salts (seven tablets for $28, happytherapy.com).

DOLLED-UP PERFUME
Twist off her head to spritz this spicy scent. Isabela Capeto Perfume, 30 ml ($80, Henri Bendel, 800-423-6335 to order).

GOOGLY EYES
A mini gel mask for each lid; chill them in the fridge. Ricky's Care Eye Gel Packs (two for $6, 888-574-2592 for stores).



SOAP ON A STICK
They smell too good to give to your niece. Soap Popsicles by Jelly Pong Pong ($7 each, jellypongpong.com).

MODEL: ERIN ASLA. STILLS: BEATE

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MODEL: ERIN ASLA STILLS: HEARST

What we all want now: Sexiness for day

Every woman should be as two-faced as Sienna Miller—good at the

The genius of Sienna's sunshiny makeup? It only tacks a minute or so onto your morning concealer and mascara routine. "Add some sheer color; it makes people notice your features, not your makeup," says celeb makeup pro Matthew Nigara. Brush a peachy shadow-blush combo onto your lids and cheeks, then pat on a lip stain.

1 **A natural multitasker** Smashbox Fusion Eye & Cheek Color in Heatwave ($28, smashbox.com) is a two-in-one that flatters everyone.

2 **Hair insurance** Stay shiny-smooth all day long! Try L'Anza Sequin Anti-Frizz Styling Shimmer ($18, lanza.com).

3 **Lip-color lite** Think see-through and stay-put. Try Benefit Posietint Poppy-Pink Tinted Lip and Cheek Stain ($28, benefitcosmetics.com).

4 **An energetic scent** Jo Malone Lotus Blossom & Water Lily Cologne, 100 ml ($95, jomalone.com) has perky citrus notes.

A.M. SEXY

Keep your hair as low-key as your makeup. Just do a center part and make a low chignon or twist. To create pretty piecey-ness, rub a little styling wax on your fingers, then gently tug out front wisps.

...and night

glowy, morning-yoga look as well as the going-out-dancing thing.

To morph into a gorgeous creature of the night, you *could* scrub up and start over, but why not just build upon your day look? Give skin glimmer by dusting gold-laced bronzer all over, then add a statement feature: red lips, cat-eye liner, flirty faux lashes (or, if you're feeling red-carpet like Sienna here, all of the above, plus major danglers!).

A glam-cool outfit and messy-on-purpose updo

1

A great bronzer
Fun to look at, too: Lancôme Poudre Elephant Teint in Sunny Manorama ($37, lancome-usa.com).

2

Eye-catching lipstick
One you won't need to reapply 19 times: Covergirl Outlast All-Day Lipcolor in Ever-Red ($10, at drugstores).

3

Ooh-la liner
For easy-chic eyes, try Hourglass Calligraphy Liquid Eyeliner in Indigo ($32, sephora.com).

4

A sultry scent
Smell as sexy as you look. Jo Malone Dark Amber & Ginger Lily Cologne, 100 ml ($95, jomalone.com).

What we all want now: Sexiness for day

Every woman should be as two-faced as Sienna Miller—good at the

The keys to mellow but invisible makeup, flowy dress

The genius of Sienna's sunshiny makeup? It only tacks a minute or so onto your morning concealer and mascara routine. "Add some sheer color; it makes people notice your features, not your makeup," says celeb makeup pro Matthew Nigara. Brush a peachy shadow-blush combo onto your lids and cheeks, then pat on a lip stain.

1 **A natural multitasker** Smashbox Fusion Eye & Cheek Color in Heatwave ($28, smashbox.com) is a two-in-one that flatters everyone.

2 **Hair insurance** Stay shiny-smooth all day long! Try L'Anza Sequin Anti-Frizz Styling Shimmer ($18, lanza.com).

3 **Lip-color lite** Think see-through and stay-put. Try Benefit Posietint Poppy-Pink Tinted Lip and Cheek Stain ($28, benefit cosmetics.com).

4 **An energetic scent** Jo Malone Lotus Blossom & Water Lily Cologne, 100 ml ($95, jomalone.com) has perky citrus notes.

A.M. SEXY

Keep your hair as low-key as your makeup. Just do a center part and make a low chignon or twist. To create pretty piecey-ness, rub a little styling wax on your fingers, then gently tug out front wisps.

...and night

glowy, morning-yoga look as well as the going-out-dancing thing.

A glam-cool outfit and messy-on-purpose updo

To morph into a gorgeous creature of the night, you *could* scrub up and start over, but why not just build upon your day look? Give skin glimmer by dusting gold-laced bronzer all over, then add a statement feature: red lips, cat-eye liner, flirty faux lashes (or, if you're feeling red-carpet like Sienna here, all of the above, plus major danglers!).

P.M. SEXY

Amping it up for evening can be as uncomplicated as bolding your eyes—and moving your part. "An off-center or zig-zag one looks stunning with glamorous makeup," says celeb stylist Lea Journo.

1

A great bronzer
Fun to look at, too: Lancôme Poudre Elephant Teint in Sunny Manorama ($37, lancome-usa.com).

4

A sultry scent
Smell as sexy as you look. Jo Malone Dark Amber & Ginger Lily Cologne, 100 ml ($95, jomalone.com).

3

Ooh-la liner
For easy-chic eyes, try Hourglass Calligraphy Liquid Eyeliner in Indigo ($32, sephora.com).

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Suze gets a touch-up from Bobbi Brown at The Heart Truth show.

12 genius backstage beauty tricks

Beauty snoop (and *Glamour* editor) Suze Yalof Schwartz went behind the scenes at the fall '08 New York fashion shows to get the prettiest, easiest hair and makeup tips from pros. Read her diary!

FRIDAY, 8:00 A.M.

SEXY GRAY SHADOW

At The Heart Truth show, Bobbi Brown showed me the how-tos for sultry eyes: Sweep dark gray close to lashes, then blend a lighter shadow from the crease up. Try Bobbi Brown Eye Shadow in Rock Star, Steel, Grey and Charcoal ($20 each, bobbibrown.com).

THE MOST PRECISE LINER

Also dolling up models at The Heart Truth show was Charlie Green, who taught me this tip for perfectly symmetrical liner: Start with a skinny stripe, then build it up in layers. Try Dior Style Liner in Noir Black ($30, sephora.com).

BABY PHAT

FRIDAY, 7:04 A.M.

OLD-SCHOOL WAVES

The vintage-y hair that stylist Danilo was prepping backstage at Baby Phat didn't look like it'd been anywhere near a flatiron, but that's what he was using! He clamped pieces with a Linea Pro Titanium Flat Iron ($200, henri bendel.com), then rolled up like it was a curling iron.

CAROLINA HERRERA

MONDAY, 9:42 A.M.

CHOCOLATE NAILS!

Backstage at Carolina Herrera, one of the chicest shows of the season, nail queen Jan Arnold declared brown the polish for fall. The prettiest: CND Nail Enamel in Baroque ($6, 800-833-6245).

TRACY REESE

SUNDAY, 2:11 P.M.

A HOT HAIR HELPER

Stylist Edris Nicholls' secret weapon at the Tracy Reese show: FHI Heat Hot Sauce ($14, fhiusa.com). Fried hair is a model's occupational hazard, so Nicholls smoothed on this heat protector.

BEAUTY QUICKIE To boost body, twirl sections of damp hair while blow-drying, then gently comb through.

YALOF SCHWARTZ; SERGIO CONTAGNO; BABY PHAT; GO RUNWAY; CAROLINA HERRERA AND TRACY REESE; MARK LEIBOWITZ; STILLS: KEATE

beauty • tips, tips, tips

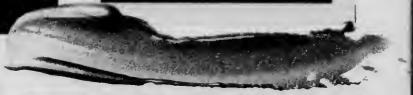
TUESDAY, 12:00 P.M.

24-KARAT EYES

Makeup pro Gucci Westman's idea of neutral? Gold—as in the gold liquid liner she used on all of J. Mendel's models. "Apply a thin line close to your lashes. It gives the eye a little something extra," she told me. I think she meant extra hotness.

J. MENDEL

Westman loves trendy metallics.



THE PUNK CHIGNON

Stylist Edward Tricomi described this mohawked bun at J. Mendel as "modern and classic." To copy it, make a mini pony on top of your head. Then make a low ponytail incorporating that piece and braid the whole thing. Wrap it into a chignon and secure with hairpins.

MICHAEL KORS

MICHAEL KORS

Pita finished with Kérastase Double Force Hair Spray ($34, kerastase-usa.com).

WEDNESDAY, 10:06 A.M.

RETRO UPDOS

It was all big-time teasing at Michael Kors. Orlando Pita spritzed hair with T3 360 Plump ($38, nordstrom.com), a volumizer, before drying. Next, he pulled hair far forward and teased underneath for lots of lift. Then he rolled the sides back into a twist and pinned.

THE PERFECT PINK

Sounds amazing, but Shiseido The Makeup's Automatic Lip Crayon in Rose ($22, sephora.com) worked on all 45 models' skin tones at Michael Kors. For drama, pro Dick Page dabbed gold shimmer on top—try it at night.

BEAUTY QUICKIE To set teased hair, do one hot blast with your blow-dryer followed by one cool shot.

MICHAEL KORS MARK LEIBOWITZ (2) J. MENDEL GO RUNWAY (2); BACKSTAGE SERGIO CORVACHO; STILLS KEATE

(continued on page 46)

CLAIROL

"It really covers gray very well."

"Loved that it only took 10 minutes."

"It was easy and the results are beautiful!"

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Ana looks amazing in Classic Beige. Details at covergirl.com
*vs. bare skin

Aquacurrent SCIENCE

WEDNESDAY, 11:05 A.M.

A ONE-STEP DAY-TO-NIGHT TRICK

The quickest way to take your liner from the office to cocktails? Add grown-up glitter. Romy Soleimani shared this trick with me while primping the models at Milly. Dip a brush into some glitter, tap off the excess and apply it right on top of your liner so it sticks. Our pick: Wet n Wild Mega Sparkle Confetti in Pink Sugar ($3, at drugstores).

WEDNESDAY, 2:17 P.M.

MORE BANG FOR YOUR BLUSH

I caught pro Pat McGrath multitasking at Anna Sui. She dusted Max Factor Color Genius Blush in Peaches ($9, Wal-Mart) onto models' cheeks and lids. "It's casual, clean and radiant,*" she said.*

THURSDAY, 5:09 P.M.

THE COOLEST COLOR COMBO

Forget smoky eyes and nude lips (for now). Lisa Butler mixed things up at Tommy Hilfiger by lining lids with blue shadow and pairing it with coral lips. Try MAC Lipstick in Vegas Volt ($14, maccosmetics.com).

ANNA SUI: MARK LEBOWITZ. TOMMY HILFIGER: GO RUNWAY (2). BACKSTAGE: SERGIO COPIANO (2). STILL AT TOP: WORLD PICTURE SERVICE. OTHER STILLS: BEATE

BEAUTY QUICKIE Keep your eye slightly open when applying liner so you can see how it *really* looks.

For fall beauty trends worth trying right now, go to **glamour.com/beauty**.

Do you long for long?
NEW BEAUTIFUL LENGTHS COLLECTION
PANTENE PRO-V
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beautiful lengths
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The Aquacurrent pro-vitamin formula helps protect
every single strand of your hair from stress and damage,
so you can get the length you've been longing for.
Grow longer, grow stronger.** Healthy makes it happen.
PANTENE PRO-V shine
VOTED #1 BEST HAIRCARE BRAND
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itioner strength against damage vs. non-conditioning shamp

"The perfect beach pedicure color—the shimmer looks pretty even underwater." —MARY MACLEAN, EXECUTIVE BEAUTY EDITOR
Nicole by OPI Nail Lacquer in It's Up to You ($8, at Target)

"A raspberry-musk scent from a guy who knows sexy. Keep it in the fridge!" —FELICIA MILEWICZ, BEAUTY DIRECTOR
Blue Seduction for Women by Antonio Banderas, 1.7 oz. ($30, at Walgreens)

"These shadows are modern and matte, not 1980s frosty." —BAZE MPINIA, BEAUTY WRITER-EDITOR
CoverGirl Eye Enhancers in Blazing Blues ($4, at drugstores)

Chill!

If there's a product that makes you look or feel 10 degrees cooler, the beauty department tested it. Try our icy blue favorites.

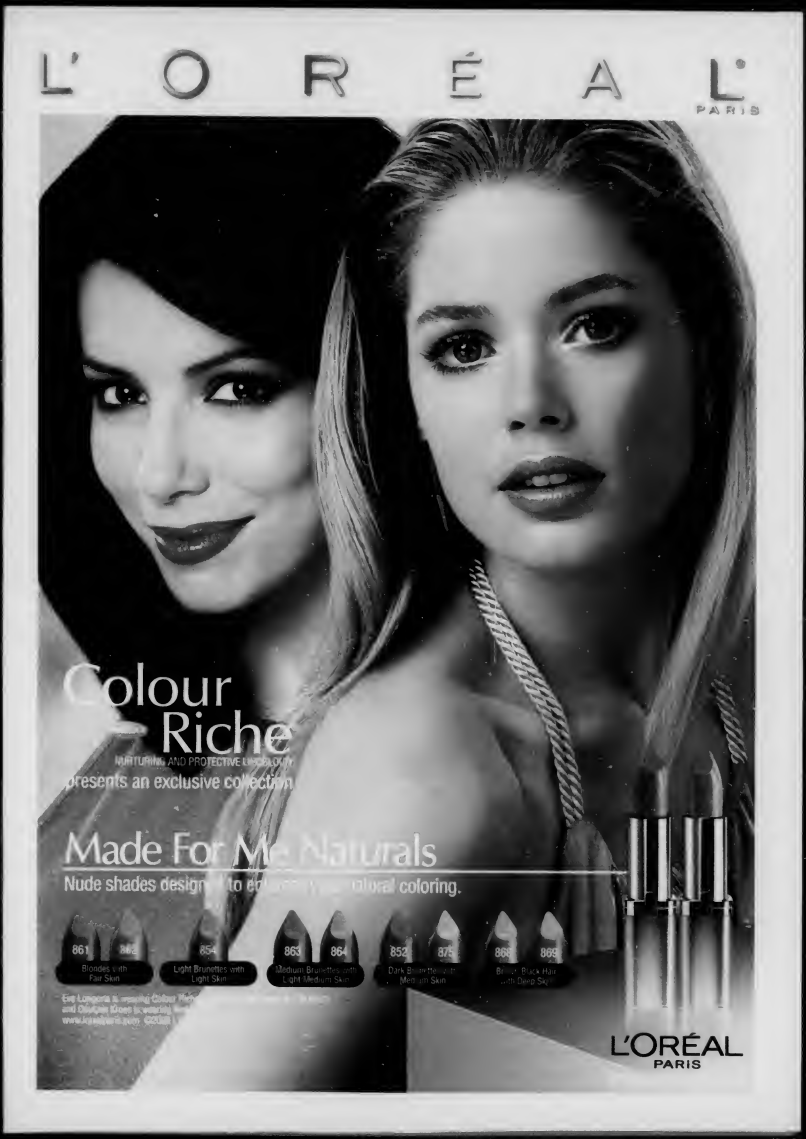
"Soak the tablet and it grows into an eye mask. Great for postflight puffiness." —PETRA GUGLIELMETTI, BEAUTY WRITER-EDITOR
Skin Effects by Dr. Jeffrey Dover Penetrating Eye Treatment Mask with i/Complex 3 (five for $20, cvs.com)

"My thighs' new BFF! They felt cool and toned after I rinsed it off." —MARY MACLEAN
H_2O+ Ice Water Cooling Mint Body Mud ($19, h2oplus.com)

"This gel-cream moisturizer quenched my thirsty face and left me smelling like a fresh-cut rose." —FELICIA MILEWICZ
Guerlain Super Aqua Day Refreshing Cream ($66, saks.com)

"Smudge the line for a cool boho, Olsen-twin look." —AMBER KALLOR, BEAUTY ASSISTANT
Rimmel Spark It Up! Gleaming Eye Darkening Liner in Lapis ($5, at Target)

BEAUTE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864
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Dark Brunettes with Medium Skin
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Black Hair with Deep Skin
L'ORÉAL
PARIS

"I still get nervous when I'm modeling. I hum to help soothe my nerves."

Her drugstore favorite: "I put on cocoa butter right after a shower. It keeps my skin really soft."

Her go-to look: "Red lipstick!"

Tips from a runway regular

Daria Werbowy, 24, the face of Lancôme, has worked the catwalk for a good part of her life, and she's picked up some excellent beauty scoop along the way. Listen up!

Her Lancôme must-have: "Secret de Vie Yeux. A lot of eye creams leave a film, but this one's like a gel and doesn't. It's so good."

Never underestimate the power of shimmer.

"Dust highlighter or a sparkly neutral shadow on your brow bones. It's a 10-second trick makeup artists use for making eyes look really bright."

Gloss up your hair, too.

"Put on a thick conditioner, then rinse with really cold water. A hairstylist did this to me during a shoot once, and it made my hair *so* shiny."

Lighten up on the bronzer.

"Women use too much. You only need a bit to get a nice glow."

Don't fear eyelash curlers.

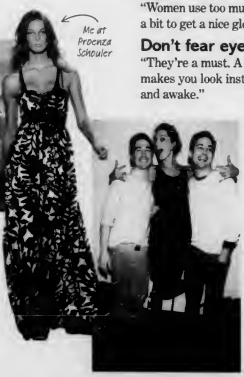
"They're a must. A quick clamp makes you look instantly wide-eyed and awake."

—*BAZE MPINJA*

"Me at seven, on a trip to New York—I grew up in Canada."

WERBOWY AT TOP LEFT: GREG KADEL; WERBOWY AT TOP RIGHT AND WITH JACK AND LAZARO: GETTY; RESULTS FROM TOP: RUNWAY: MARIA VALLERTHWONG/PHOTO STILLS: WORLD PICTURE SERVICE

"I've been snowboarding since I was 14. Here I am in Val d'Isère, France."



Me at Proenza Schouler

"My grandmother squeezes a lemon onto a cotton pad and washes her face with it. Her skin is incredible."

Two products she adores: Kérastase Oléo-Relax hair mask and Shu Uemura Eyelash Curler

She loves working with: "The guys from Proenza Schouler. Jack and Lazaro are young but so talented."

See Go Shopping for more information.

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Ribbons on a mission:
the body wash that helps you move moisture
to where you need it most.
Olay Ribbons Body Wash deals with rough patches and dry spots that are sometimes missed. These ribbons, with Aquacurrent Science, help you move moisture where your skin needs it most: everywhere. Mission accomplished...all-over, uninterrupted, beautiful skin.
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lotion ribbons
OLAY BODY
body lotion ribbons

All your beauty questions answered

By Andrea Pomerantz Lustig

Marley Shelton models the new blue.

What's a pretty—not tacky—way to wear blue liner? —T.G., ALBANY, N.Y.

Poor blue. It got a little too crazy in the 1980s and has yet to live it down. But stars have discovered an eye-opening new way to wear it: below the bottom lashes, offset by a black line up top. Use pencil or smudge on creamy liner, like Smashbox Jet Set in Navy (left, $22, smashbox.com) with a stiff brush; I like the Dior Eyeliner Brush (left, $25, sephora.com).

Q How can I quickly tone down a flushed, red face? —M.S., WORCESTER, MASS.

I used to look like a human strawberry after I worked up a sweat, until my derm, NYC's Debra Jaliman, M.D., told me to mix a half cup of milk with a little water and apply using a cotton pad; it calms my skin right down. If there's no milk around, I use Clinique Redness Solutions Urgent Relief Cream ($30, clinique.com), or La Roche-Posay Rosaliac Anti-Redness Moisturizer (below, $31, larocheposay.com), two products pros love.

A green-tinted cream offsets pink in your skin.

Beauty Dos

DO get pastel shadow to show.
I apply creamy concealer first; it gives an opaque base that makes soft hues pop. Two new shadows, above, from left: Benefit Creaseless Cream Shadow/Liners in My Date's My Brother and Tattle Tale ($18 each, benefit cosmetics.com).

DO avoid pit sweat spots.
Would you believe stars tuck *pantyliners* under their arms or get Botox to disable sweat glands? A less drastic trick: After your deodorant dries, dab on face mattifier, like MAC Matte ($18, mac cosmetics.com), to sop up moisture.

DO air-dry with a headband on.
You'll get sexy, Angelina-like lift at your roots—no sweating beneath a blow-dryer required!

OOH, THAT'S A toughie!

Q Between chlorine and blow-drying, my hair is fried. *Help.* —J.S., AVON, CONN.

I rinse mine pre-pool. Hair absorbs only so much water; this way, it soaks up less of the chlorinated kind. I've also switched to a gentle ionic dryer (try the Infiniti by Conair Tourmaline Ionic Styler, $40, at Wal-Mart) and do what Minneapolis stylist Pearson Knight calls "weekly tune-ups" with a great mask: Bumble and Bumble Creme de Coco Masque ($24, bumbleandbumble.com for salons).

Got questions? Ask Andrea!

For more tips and tricks, visit Andrea's blog, or sign up for her new weekly Beautygram at glamour.com.

SHELTON: GREGG DEGUIRE/WIREIMAGE.COM; MODEL: WALTER CHINLOCK INTERNATIONAL; POMERANTZ LUSTIG: REBECCA GREENFIELD; STYLIST: MOLLY GALLAGHER; HAIR AND MAKEUP: JULIE CLEVERING; STILLS: WORLD PICTURE SERVICE; ILLUSTRATION: MARIE PERRON

BEAUTY QUICKIE To temporarily fix crispy ends, warm shine serum in your palms, then smooth on.

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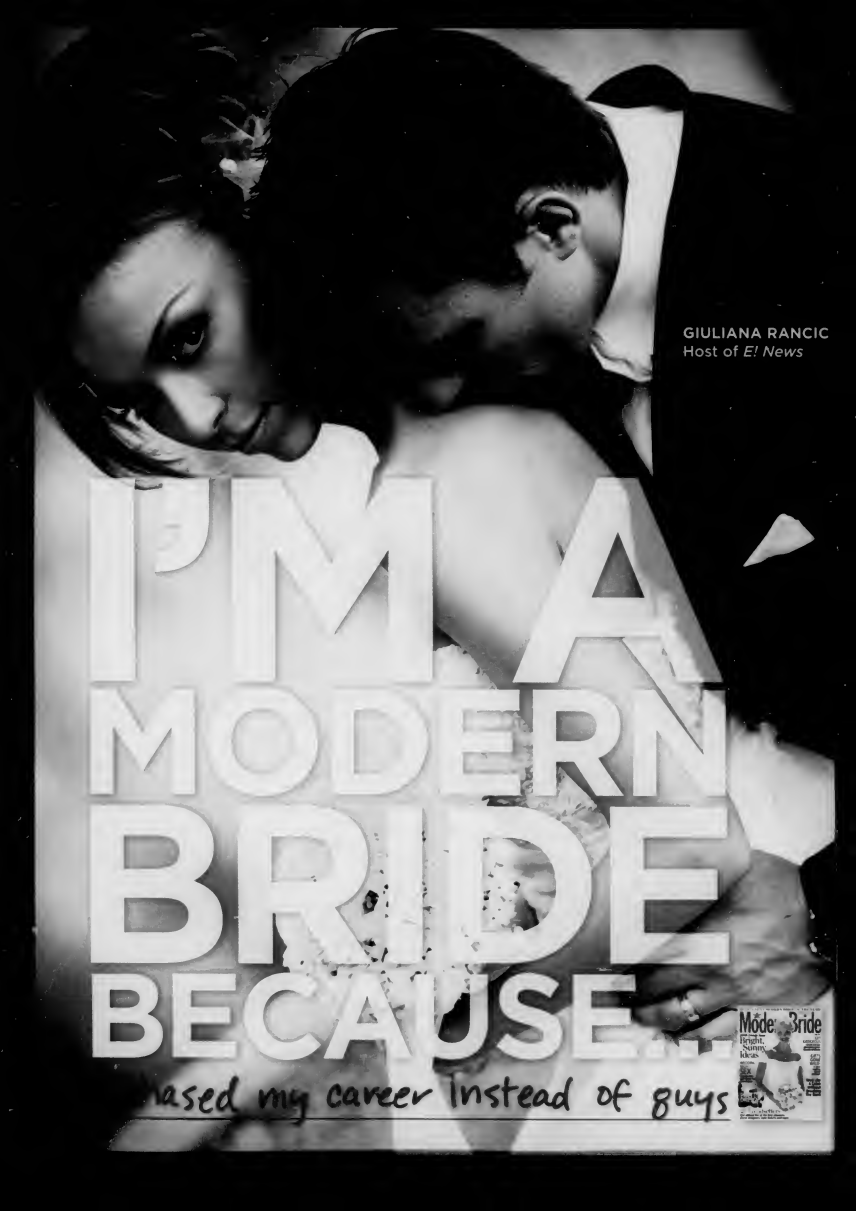
GIULIANA RANCIC
Host of E! News
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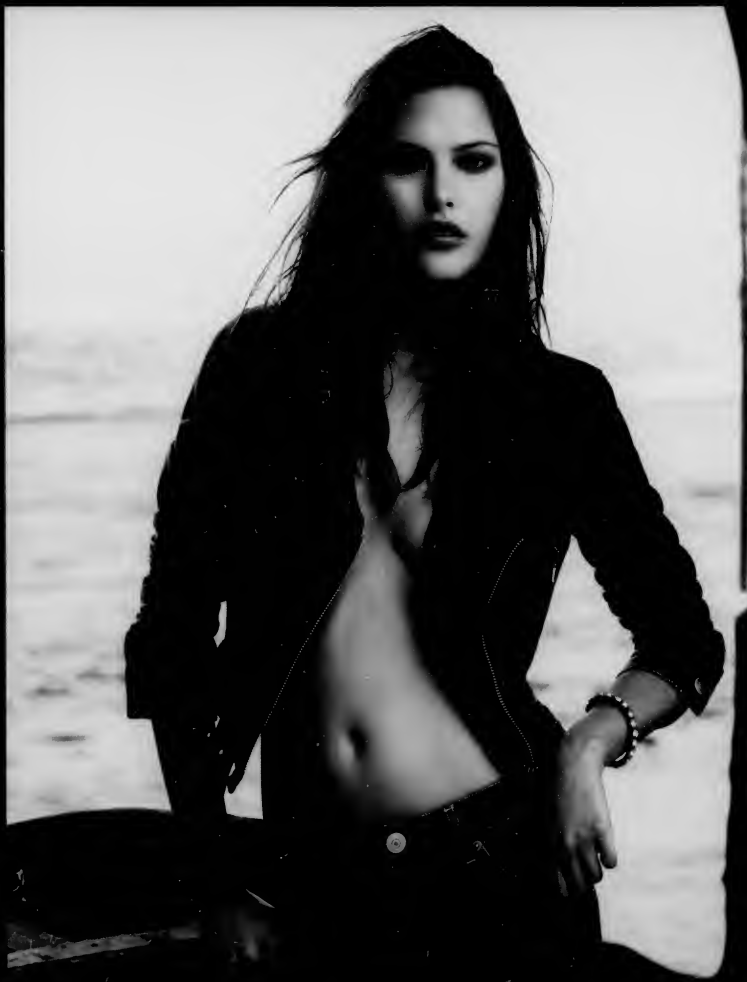

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WHAT TO WEAR NOW FOR YOUR STYLE, YOUR BODY, YOUR BUDGET

Hanging tough in *Thelma & Louise*, 1991

Jane Fonda goes Western in 1978.

Topped with jackets, backstage at Paris fall fashion week

Your absolute best jeans!

Do you *live* for a great pair of jeans? We've got fresh ideas for pairs to wear round the clock, the cutest real women in their own denim and, of course, the best styles for your shape.

Jane Birkin in '70s blues

James Dean, the original denim-clad rebel, in *Giant*, 1956

Jeans-crazed Elvis in 1964

Jean Seberg cuffs hers, 1959.

Heidi Klum's off-air denim

Gisele Bundchen wears her super-long

THELMA & LOUISE, FONDA, BIRKIN, SEBERG, DEAN, PRESLEY COURTESY EVERETT COLLECTION BACKSTAGE MARK LEIBOWITZ (2); KLUM FAME PICTURES BUNDCHEN INFGOFF.COM JEANS POCKET JEFF HARRIS

Cindy Crawford in jeans...
morning...
noon...
and night

10 great jeans ideas

...stolen from real women on the streets of NYC. Inspiration for every hour of *your* day.

9:00 A.M.

BRENT NEALE | 27

Idea to steal here: If you're wearing jeans to work, keep them dark and use accessories to dress them up. Brent's luxe bangle, rich bag and colorful shoes all add polish.

10:00 A.M.

LINDSEY AXT | 24

Idea to steal here: A cropped jacket and high heels, like Lindsey's peep-toe platforms, pull together this look for a casual workday.

12:00 P.M.

TRINA ONG AND SARI BAEZ | 33 AND 28

Idea to steal here: For lunch with your girlfriends, try colored jeans like Trina's and Sari's. Whether you wear them with flats or sneaks, the vibe is femme *and* casual.

CRAWFORD: BAILER-GRIFFIN.COM (3). ALL OTHERS: MATTHEW HISE; HAIR AND MAKEUP: CHRISTIE MCCABE FOR DE FACTO. 12:00 PM. PHOTOGRAPHED AT LA ESQUINA, NYC.

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1:00 P.M.

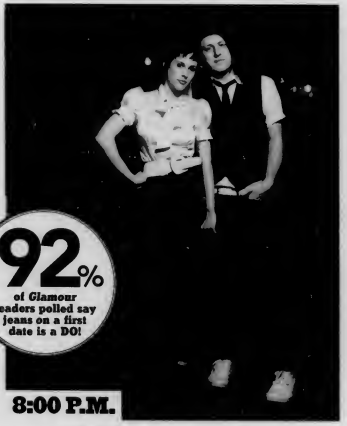
MELISSA ANN DUREN | 22

Idea to steal here: Skinny jeans look great with longer, flowy tops such as Melissa's bright, strapless tunic. And the contrast of a white or pale bag with black jeans is so cute!

3:00 P.M.

MICHELLE SIWY AND SHARON WEITZ | 32 AND 25

Idea to steal here: Take it from these pros (Michelle is the designer for Siwy Denim, and Sharon is at Earnest Sewn): A special top and shoes dress jeans right up.

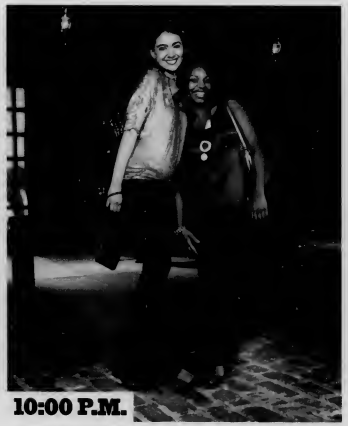


92% of *Glamour* readers polled say jeans on a first date is a DO!

8:00 P.M.

ALANNA JONES-MANN AND DIMITRY | 23

Idea to steal here: Follow the new think on sexy denim and choose a high-waisted style (no thong show!). Mix in a ladylike blouse and a cool belt and shoes. Love her confidence!



10:00 P.M.

CHRISTINA ZAMARRIPA AND MALIKAH KELLY | 25 AND 23

Idea to steal here: What's hot for nights out: black or nearly black jeans topped with a shimmery or sparkly number.

MATTHEW WISE 3:00 PM: PHOTOGRAPHED AT THE UPPER EAST, NYC. POLL: GLAMOUR.COM SURVEY

To complete your look, go to Revlon.com and learn more about the entire Revlon Beyond Natural™ collection

Revlon Consumer Corp. ©2008. Jessica Alba is wearing the Revlon Beyond Natural™ collection Smoothing Primer, Skin Matching Makeup in *Medium*, Concealer & Highlighter in *Medium*, Cream to Powder Eye Shadow in *Spice*, Defining Mascara in *Black* and Cream Lipgloss in *Rosy*

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Cream to Powder Eye Shadow
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Transforms from white to your exact skin tone

Defining Mascara
Lengthens each lash without clumping for ultimate definition

Skin Matching Makeup

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Cream Lipgloss
Provides both creamy color and soft shine for naturally lush lips

NEW

REVLON
Beyond Natural™
Skin Matching Makeup

Start your look with **Skin Matching Makeup** — a weightless foundation that goes on white and self-adjusts to match your natural skin tone. In 5 shades with a flawless finish. SPF 15

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Glamslam

Partners in Beauty

Glamour Productions 2008 is proud to announce the Sephora Pro Beauty Team as our official makeup artists. Now that we have an in with their beauty experts, we asked creative lead José Rivera for some summer beauty tips:

- Headed to the beach? Apply a tinted moisturizer with SPF, along with a cheek and lip stain.
- Keep it chic at work with a mattifying foundation and a lash-plumping mascara.
- For an evening look that won't melt, use waterproof eyeliner.

Here's to a gorgeous summer.

SEPHORA
THE BEAUTY AUTHORITY

Every Star Deserves Their Own Soundtrack

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SALON BRILLIANCE
A NEW BREAKTHROUGH TO WEIGHTLESSLY BOOST HAIR COLOR VIBRANCY, SHINE AND SOFTNESS.
FEKKAI SALON GLAZE

GLAMOUR CHOOSES

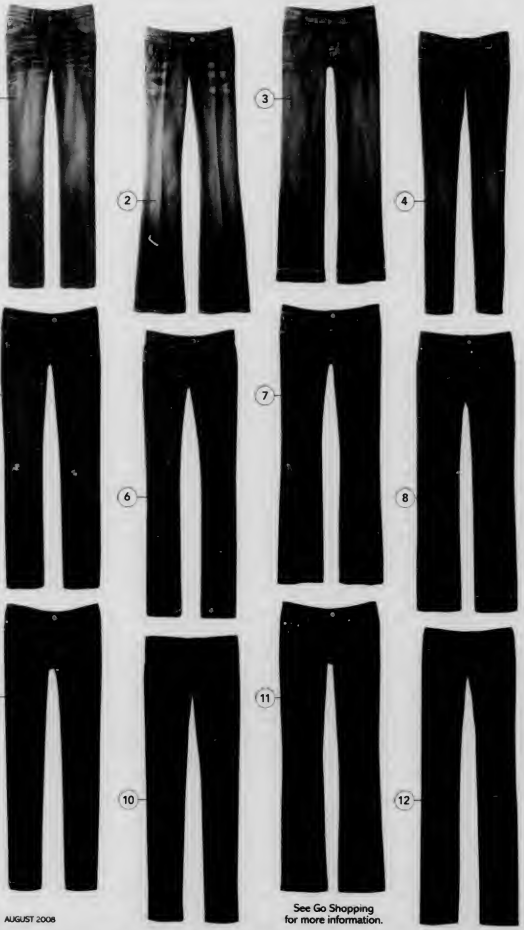
3 washes, 12 sexy pairs

Go light, medium or dark in our new faves.

LIGHT
This group is best for casual weekends. To spruce yours up to their dressiest, add a crisp white shirt.

MEDIUM
These are the all-terrain vehicles of jeans—they go anywhere, with anything.

DARK
Sleek, chic midnight hues are foolproof with a black top.



1 Cheap Monday, waist sizes 24–32, $65, Slash Jeans, Berkeley, CA, 610-665-5994

2 William Rast, waist sizes 23–32, $209, williamrast.com

3 Genetic Denim, waist sizes 23–32, $198, Cantaloup, NYC, 646-422-2600

4 Levi's, sizes 0–16 short and medium, 0–14 long, $58, Levi's stores, 800-872-5384

5 American Eagle Outfitters, sizes 00–18, $50, ae.com

6 DKNY Jeans Juniors, waist sizes 24–32, $69, dknyjeans.com

7 DVB by Victoria Beckham, waist sizes 22–32, $265, revolve clothing.com

8 Nine West, sizes 2–16, 14W–24W, $59, ninewest.com

9 Bootheel Trading Co., waist sizes 24–36, $62, select Dillard's, 800-345-5273

10 Tommy Hilfiger, sizes 2–16, $80, select Macy's, 800-343-0121

11 Baby Phat by Kimora Lee Simmons, sizes 0–15, $69, babyphat.com

12 Diesel, waist sizes 25–30, 30" and 32" inseams, $160, diesel.com

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See Go Shopping for more information.

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The magic of "skinny" jeans

Celebs are all about super-sleek jeans; here's how you can get the look.

Katherine Heigl looks chic and comfy in her ballet flats and jeans.

To tuck jeans in your boots, like Kate Moss, stretchy styles work best.

Vanessa Hudgens pairs a fuller-shape top with slim-fit jeans.

WIN THESE!

Go to glamour.com/contest for rules and how to enter.

Want to look instantly slimmer?

When we first heard about a new brand of jeans designed to make any woman look thinner, we were skeptical. But we road tested L.A.-made Hello SkinnyJeans on our own editors and friends—and they are *definitely* slimmifying. The secret is in their extra-stretchy fabric blend.

Hello SkinnyJeans, waist sizes 24–38, 29", 32", 35" and 37" inseams, $185, skinnyjeans.com

3 WAYS TO "CELEB" YOUR DENIM

1. Wear a floaty or longish top; it'll balance the silhouette.
2. Add a tailored jacket (like Kate's) for polish.
3. Sport an ankle-length, not extra-long, hem; it'll show off your shoes.

HEIGL: BAUER-GRIFFIN/GM; MOSS AND HUDGENS: SPLASH NEWS; STILLS: JEFF HARRIS

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3. Sport an ankle-length, not extra-long, hem; it'll show off your shoes.

HOSE: BAUER-GRIFFIN.COM; HOSS AND HUDGENS: SPLASH NEWS; STILLS: JEFF HARRIS

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Can I wear 'em to work?

Well, 53 percent of you do! Best rule: dark blue for the office.

To make Rihanna's look more 9 to 5, sub in flats or pumps for her open wedges.

Express, sizes 0–10 short, 0–12 regular, 2–12 long, $60, expressfashion.com for stores

Ann Taylor Loft, sizes 00–16, 00P–16P, $54, anntaylorloft.com

Lauren Jeans Co. by Ralph Lauren, sizes 2–14, 2P–14P, $70, ralphlauren.com

Wear this with your jeans

A few ideas for insta-chic

American Eagle Outfitters blazer, $60, ae.com

Old Navy top, $25, oldnavy.com

R.J. Graziano bangles (top and bottom), $38 each, 212-685-1248; Alexis Bittar bangle (center), $175, alexisbittar.com

Michael Michael Kors shoes, $129, select Nordstrom 800-695-8000

Freddy & Ma bag, $425, freddy andma.com

LOVE THAT PRICE! ALL LESS THAN $50

$20 Signature by Levi Strauss & Co., sizes 4–18, walmart.com

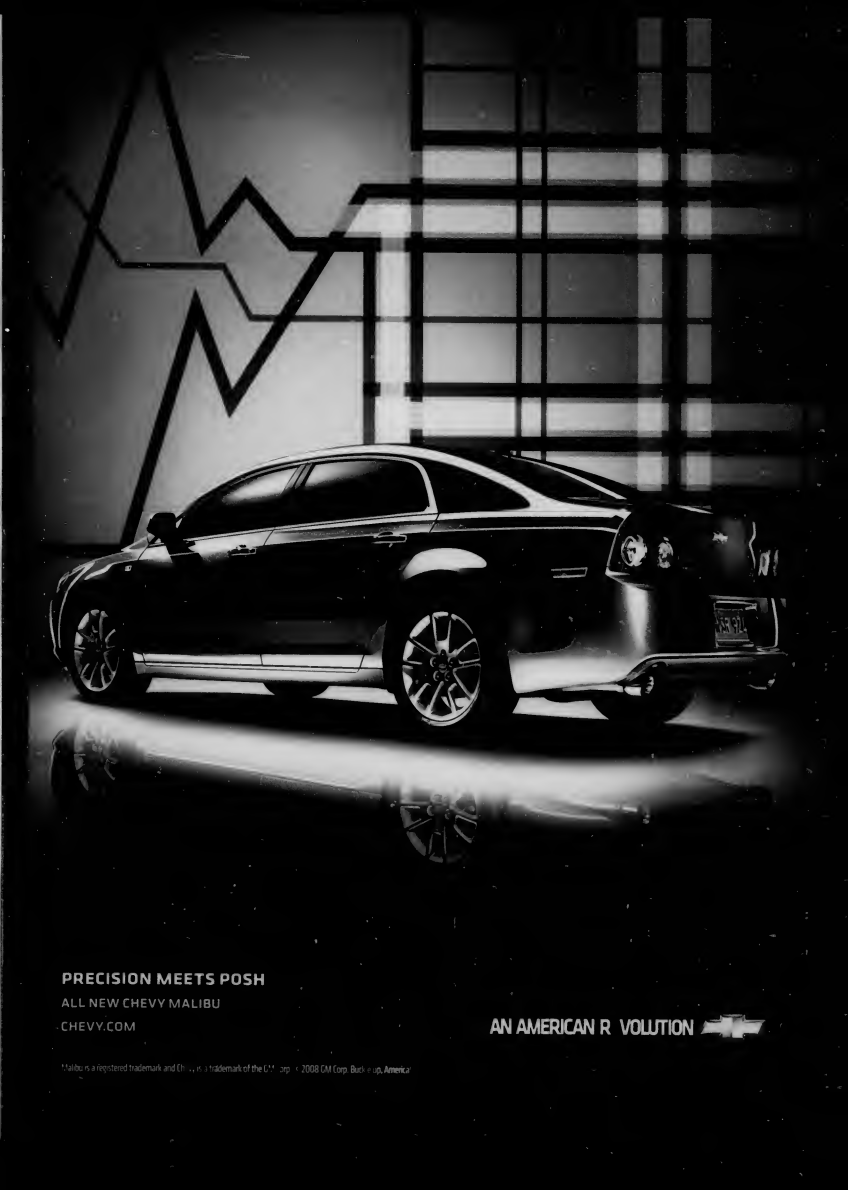
$37 New York & Company, sizes 2–18, nyandcompany.com

$49 Uniqlo, sizes 0–14, 877-486-4756

$22 Arizona by JCPenney, sizes 4–18, jcp.com

RIHANNA: AFGOOT.COM; STILLS: JEFF HARRIS; STATISTIC: FROM A GLAMOUR.COM SURVEY

See Go Shopping for more information.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Calvin Klein will take

The designer's jeans pro, Kevin Carrigan, solves

Kate Bosworth and Kevin Carrigan

Jeans: They *seem* simple enough. They're basic, classic, uncomplicated and guys always think you look sexy in them. Fine. But we've *still* got a zillion questions about what looks best and worst—and how to find the perfect pair. To the rescue: CK creative director and all-around denim wizard Kevin Carrigan. Listen in.

—*FIORELLA VALDESOLO*

Q All the different fits and colors of jeans overwhelm me. Is there one style that's no-fail?

Over the past five or six years, dark denim has come into play for everything—it has become such an important staple of a woman's wardrobe. With regard to fit, I always think a slight boot-cut is most flattering; it creates a nice strong leg by balancing out the shape of the hips.

Q What's the biggest mistake women make with jeans?

Not finding the right size. When you go into the changing room, take three or four pairs of the same size with you, because with different brands, sizes can vary by almost a half inch, depending on the treatments that have been done to the denim.

Thirty years of Calvin girls: 1. Patti Hansen in 1978; 2. Brooke Shields in 1981; 3. Andie MacDowell in 1982; 4. Talisa Soto in 1984; 5. Carré Otis

CARRIGAN: DAVID S. FRUTTING/PATRICK MCMULLAN COM; STELLO: JEFF MARRES

your denim questions now!

every annoying fit, flattery and how-should-I-wear-them problem right here.

All jeans, Calvin Klein Jeans. See Go Shopping for more information.

Q What always looks good with jeans, aside from a white tee?

A A leather biker jacket. It gives a little edge, and makes it a bit punk and a bit rock 'n' roll. Try wearing over a tank top, or for a more feminine look, a blouse. Good news: They're huge this fall.

Q How many jeans should you have in your closet at once? It seems like I'm always wearing the same ones.

A You want to find a favorite style that really flatters your shape and buy it in different washes and finishes. At a minimum, you should have a slightly lighter wash for spring, a great white denim for summer, and a deep dark indigo for whenever. But get as many pairs as you like—you can never have enough pairs of great jeans!

Q How should you wash and care for denim to make it last?

A To best maintain the original color, use the cold wash/rinse cycle on your machine. Wash them with other similar-color jeans and *don't* put them in the dryer! The only exception: If your jeans have stretched out, you can throw them in the dryer for a few minutes to shrink them half a size.

Q Seriously, what's up with the high-waist trend?

A It's a great look *if* you have the correct body shape to pull it off—women with long legs and a long torso look great in this style. It even works if you're curvy, as long as the leg is a little flared. But avoid this trend if you're short or pear-shaped; choose a medium-rise instead.

6.

7.

Calvin Klein Jeans

in 1991; 6. Kate Moss in 1999; 7. This year's face, Kate Bosworth.

The most flattering jeans for *your* exact shape

You don't need to be a size 2 to look piping hot in your blues. Here's how to find the style that makes you feel and look no-holds-barred, damn-I-am-fine sexy!

AFTER

Citizens of Humanity jeans, waist sizes 24–32, 31.5" inseam, $163, saks.com; Mint Jodi Arnold top, sizes 0–10, $308, jodi arnoldnyc.com

Petite

Kyusoo Lee's cropped "before" style was making her appear shorter than she was. The longer hem is more sophisticated and appears to lengthen her frame.

Or try these ▸
Paige Premium Denim, waist sizes 24–32, 31" inseam, $215, Bloomingdale's, 800-232-1854

AFTER

JCPenney jeans, sizes 0–17, $38, JCPenney stores, 877-346-5327; Express top, sizes XS–L, $25, select Express, 877-415-4551

Boxy

Too-snug, too-low jeans emphasized Grace Carmen's midsection. She swapped them for looser jeans with a more substantial waistband—nice!

Or try these ▸
Banana Republic, sizes 0–14, $79, bananarepublic.com for stores

AFTER

Svoboda jeans, sizes 10–24, $128, svobodastyle.com; Lane Bryant top, sizes 14–28, $40, lane bryant.com

Curvy

If you're voluptuous, you want to avoid clingy and too-short styles. Dark denim in a longer cut, as in Dana Lowenfish's "after," slimmed down her entire silhouette.

Or try these ▸
J.Jill, sizes 2–20, 00P–18P, 4T–20T, 14W–28W, $79, jjill.com

DAN WALLMAN; EDITOR: SUZE YALOF SCHWARTZ; HAIR: HARIO NORO AT RITA HAZAN SALON; CHRISTIE MCCABE FOR DE FACTO; MAKEUP: ANTHEA RING FOR ARTISTSBYTHEYTHYRIANO.COM; CHRISTIE MCCABE FOR DE FACTO; MANICURE: CHRISTINA ZULETA AT DE FACTO; STILLS: JEFF HARRIS

Go to glamour.com/fashion for a video on how to shop for the best jeans for your shape.

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*System of Vive Pro Hydra Gloss Shampoo and Conditioner versus non-conditioning shampoo.

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fashion ● jeans special!

Found! A pair that looks great on *everyone*

The proof is right here in our try-on.

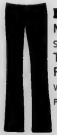
Our real-life testers, sizes 0–18

Old Navy's The Flirt, sizes 0–20 short, regular and long, $30, oldnavy.com

It might sound like a crazy undertaking, but *Glamour* wanted to find one style of jeans that flattered real women of every size. After a massive all-day try-on, we actually discovered a pair that worked—and at a sweet price ($30!). Old Navy's The Flirt is a classic stretch boot-cut. Says Alexandra Lincifort, our size 12 "model," far left, "Finally, a comfortable pair of jeans that *really* fits me!"

THE JEANS YOU BUY MOST

WE ASKED MACY'S TO TELL US WHAT SELLS BEST IN THEIR STORES NATIONWIDE.

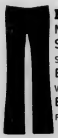


Los Angeles
Macy's L.A.
STYLE: **Hudson** Triangle Pocket
WASH: Divine
PRICE: $154

St. Louis
Macy's St. Louis Downtown
STYLE: **Lucky Brand** Sweet n Low
WASH: Light
PRICE: $88

Chicago
Macy's State Street
STYLE: **7 for All Mankind** Boot-cut
WASH: Dark
PRICE: $149

Miami
Macy's Miami
STYLE: **Joe's Jeans** Petite Provocateur
WASH: Harvey
PRICE: $158



New York
Macy's Herald Square
STYLE: **Ed Hardy** Boot-cut
WASH: Dark Blue
PRICE: $154

DAN HALLMAN, EDITOR; SUZE TALOF SCHWARTZ, HAIR; HARIO NORI AT RITA HAZAN SALON; CHRISTIE MCCABE FOR DE FACTO; MAKEUP; ANTHEA KING FOR ARTISTSBYTIMEPHYPRAND.COM; CHRISTIE MCCABE FOR DE FACTO; MANICURE; CHRISTINA ZULETA AT DE FACTO STILLS: JEFF HARRIS

See Go Shopping for more information.

Go to glamour.com/dosanddonts for chic denim Dos to inspire you.

Calling all Olympic Stars

When it comes to getting inspired, who better to have on speed dial than this year's Team USA? **AT&T**, as an official sponsor of the 2008 U.S. Olympic Team let us ring up two of their top athletes—**Diana Lopez** and **Nastia Liukin**—to see what keeps them motivated, connected and totally golden.

Diana Lopez

For Diana, kicking butt is a family sport. Diana and her brothers Steven and Mark were the first three siblings in any sport to win world championship titles, all coached by their brother Jean. But make no mistake: at this year's games, Diana is standing on her own two feet.

Q Your family is chock full of Taekwondo world champions. How does that affect your performance?
We push each other in my family. We really live in a competitive environment. I want to compete on their level.

Q How would you describe your style?
I like fashion, but I wear Taekwondo and workout clothes all day. When I go out, I like to dress up and show off my legs.

Q Do you have a personal soundtrack that makes you kick butt a little bit higher?
I love beats and anything with great rhythm—'80s, old school stuff and more. I'm the DJ of the family.

Q How do you stay connected during training?
My phone is totally my lifeline.

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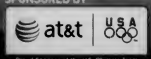

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Advertisement

a Delicate Balance

For nine-time world medalist Nastia Liukin, the road to Beijing started early. Now just 18, Nastia has already racked up a lifetime of awards, all while staying on her own two very well-balanced feet. How does she keep from taking a tumble? We dialed up Nastia to see how she does it all.

Nastia Liukin

Q What is your biggest athletic accomplishment to date?
I would say being a four-time world champion and being able to compete in the 2008 Olympic Games. I never stop setting goals for myself.

Q No pressure there! How would you describe your personal style?
In a word: graceful.

Q What music do you download to hit the balance beam?
I like something that pumps me up. Maybe a little hip-hop and some Top 40.

Q With your often grueling schedule, how do you stay connected?
I text so much on my phone. I have massage therapy and stretching, so I am always texting my physical therapist.

Q Which cheering squad would you text in a pinch?
My mom, because my dad will hopefully already be there. He is my coach, after all.

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5 ridiculously simple health boosters

...that have nothing to do with diet or exercise

1 OPEN DOOR. GO TO PARK.

British researchers recently found that strolling in a park reduced tension twice as much as walking indoors. Just eyeing *pictures* of nature has been shown to lower blood pressure and muscle tension within five minutes.

2 DUST OFF YOUR UNO DECK.

Bowling, sand-castle building, Scrabulous—turns out games are more than fun. "Playing seems to improve immunity and help people rebound from illness," says Stuart Brown, M.D., who researches the health benefits of play.

ALEXANDRE WEINBERGER

3 LOVE YOUR BODY MORE.

In one recent study, women who liked their bodies (even if they were overweight) felt sick about 30 percent less often than women who wished they were thinner. "Feeling bad about yourself activates stress centers in the brain that can actually lead to disease," explains study author Peter Muennig, M.D.

4 GET TO A POOL AND FLOAT.

Recent Swedish research found that flotation therapy in a silent, water-filled tank can reduce pain and speed healing. Lying back in a quiet pool for 20 minutes could boost health too, says the study's coauthor, Sven-Ake Bood, Ph.D.: "Floating produces a deep state of relaxation in the body."

5 HUG SOMEONE.

Cuddling, hugging or even just holding hands can trigger the release of oxytocin, "a hormone that has been shown to reduce stress, improve immune function and increase cardiovascular health," says James Fallon, Ph.D., professor of human behavior at the University of California, Irvine. No wonder a snuggle feels so darn good. —*JAN SHEEHAN*

For one more easy way to help your health, turn to page 86.

Up, up and away!

The better-orgasm exercise

Too many women are settling for less sexual pleasure—and are heading toward urinary incontinence. A recent study found that one in four women between the ages of 25 and 39 already has bladder control problems or a pelvic floor disorder known as prolapse, in which the bladder, rectum or vagina drops down and protrudes. Both are caused by weak pelvic floor muscles. "It was surprising to find these conditions even in women who had never given birth," says study coauthor Karl Luber, M.D., a urogynecologist at Kaiser Permanente San Diego. To keep your muscles fit, do Kegels, which experts say can make orgasms much more powerful. Here's how:

1

First locate your pelvic floor muscles. "Up to half of my patients don't pinpoint the right ones," says Dr. Luber, or they enlist their abs, butt or thighs. Find the muscles you use to stop the flow of urine or those you'd clench to avoid passing gas.

2

Once you've found 'em, squeeze for up to 10 seconds, then relax for 10. Repeat 10 times. That's one set. Aim for three sets a day, and work up to 15 contractions lasting 15 seconds each. After about four weeks, you should notice a difference. —*JEN MATLACK*

Sleep naked this summer!

Ah, fresh air

Ditching your PJs can be surprisingly good for your sexual health, researchers say. When clothed—even just in underwear—the genital area tends to be damp, which can lead to inflammation and a higher risk of infections, says Marjorie Greenfield, M.D., associate professor of obstetrics and gynecology at University Hospitals Case Medical Center in Cleveland. "Air is a drying agent," she says. "Sleeping nude can make the difference between feeling chronically uncomfortable and feeling fine." —*BEVERLY BURMEIER*

SEX ANSWERS, PLEASE!

FROM HILDA HUTCHERSON, M.D.

For emergencies only

Q Can I use the morning-after pill as my regular birth control?

—ANONYMOUS

A: Please don't. Emergency contraception (EC), also called the morning-after pill, should be for just that: emergencies, like when a condom breaks. Used within five days of unprotected sex, EC reduces pregnancy risk 75 to 89 percent, but you shouldn't depend on it as everyday birth control: When you take the Pill correctly, your risk of getting pregnant is about one percent.

Q: But is it harmful?

A: As far as we know, there are no long-term side effects. But it does have more immediate side effects, including nausea, breast tenderness and headaches. It can also make your periods irregular, rendering it even harder to determine when you are most likely to get pregnant. If you can't remember to take a daily birth control pill, talk to your doctor; with so many other options, like the ring, patch, shots and even IUDs, you *can* find a method that works for you.

Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University and the author of *Pleasure: A Woman's Guide to Getting the Sex You Want, Need, and Deserve*. Got a question? E-mail sexualhealth@glamour.com.

TOP LEFT: CHRIS SANDERS/MARGE CASEY + ASSOCIATES. SLEEP NAKED: ANNIE SCHLECHTER. PROP STYLIST: PENELOPE BOUKLAS FOR HALEY RESOURCES. STILLS: AIMEE BARYCHKO. HUTCHERSON: CRISTINA ESTADELLA. HEALTH QUICKIE: EUROPEAN ASSOCIATION OF UROLOGY

HEALTH QUICKIE Walking in two-inch heels may actually build pelvic floor muscles, Italian researchers found.

Go to glamour.com/health to see if Dr. Hutcherson answered your sex-health question today!

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The 6 best ways to flatten your belly

Even better than Spanx: here, the most effective ab advice we've ever printed. By Shaun Dreisbach

THE BEST AB EXERCISES

• The ball crunch

Great for an allover flatter tummy

TO DO: Lie back on a large exercise ball so it rests just below shoulder blades, with feet flat and hip-width apart. Place hands behind head. Crunch up as shown, pause, then lower. Do two sets of 15 reps two to three times a week.

• The star crunch

Great for eliminating lower belly pooch

TO DO: Lie on your back with arms and legs out on floor like an X. Pull abs in and reach arms and legs toward each other. Lower almost to start and repeat. Do two sets of 15 reps two to three times a week.

• The bicycle crunch

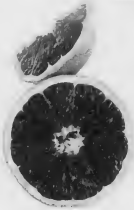
Great for cinching in your waist

TO DO: Lie on your back, knees bent 90 degrees and legs lifted, hands behind head, elbows out. Lift shoulder blades and twist right elbow toward left knee while extending right leg, then switch sides. That's one rep; do two sets of 15 reps two to three times a week.

THE BEST FAT-BLASTING CARDIO

Interval training

Burning off extra fat is key to flat abs, and intervals are the best way to do it: Alternate one minute of intense effort with three of moderate effort for your entire workout (running, walking, whatever). Shoot for at least 30 minutes three to four days a week.



THE BEST ANTI-BLOAT FOODS

Natural diuretics

Grapefruit, watermelon, asparagus, celery and cucumber help flush out extra water weight that makes you look puffy, says Los Angeles nutritionist Jackie Keller. What to avoid? Carbonated drinks and artificial sweeteners, which can cause bloating.

THE BEST ANYTIME TRICK

Pilates-style breathing

"Pull your belly button in and up, and hold it there as tightly and as long as you can, breathing deeply. It instantly makes your belly look slimmer, and eventually you'll train your muscles to stay that way," says New York City Pilates pro Brooke Siler.

CRUNCHES: BILL DIODATO CARDIO: AARON CAMERON MUNTZ, GRAPEFRUIT: JEFF O SHIRO/JUPITER IMAGES, BREATHING: GETTY IMAGES HEALTH QUICKIE: MINDLESS EATING: BRIAN WANSINK

HEALTH QUICKIE Easy calorie-saver: Use smaller plates. Research shows the bigger the dishes, the more you eat.

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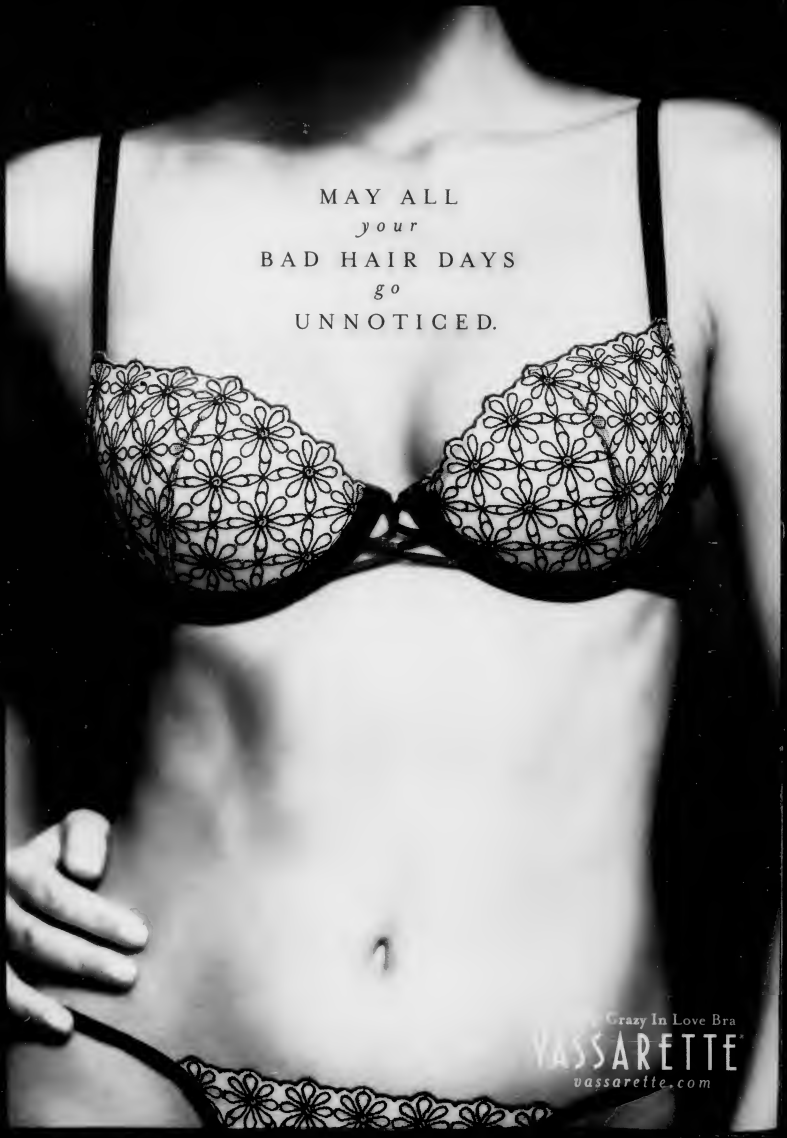
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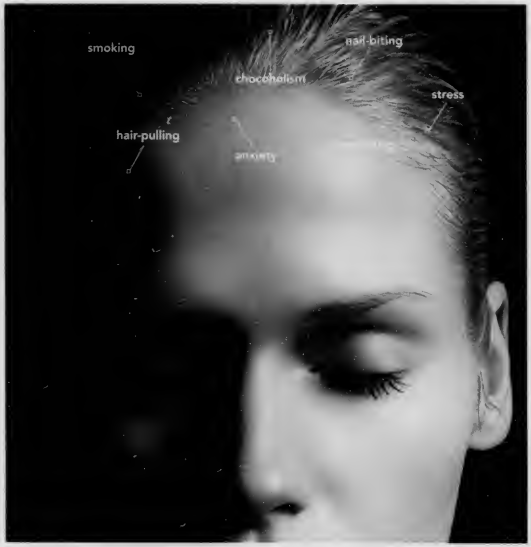
Break your worst health habit—*overnight*

This isn't some infomercial come-on; new studies show that hypnotherapy can conquer just about any bad-for-you obsession. Lynn Harris investigates.



OK, no one has this many issues (poor girl!), but we all have at least one. What's yours?

As a kid, I bit the hell out of my fingernails. In young adulthood, I shifted my attacks to the skin around them: pulling and picking, nibbling and tearing, sometimes until it bled. On a bad day, it looked like I'd just bottle-fed a barracuda. "Ooh, what happened to your fingers?" people would frown and say if I failed to keep them hidden. Um, I ate them?

Manicurists would literally yell at me and yank my hands over to show colleagues. I wanted to stop but couldn't. Until a few months ago. I walked into a hypnotherapist's office at 10 A.M., walked out at noon and haven't nibbled my fingers since.

The word *hypnosis* may conjure visions of the time you saw The Amazing Boris get the shyest wallflower to dance like a chicken, or of a creepy B-movie guy swinging a watch, chanting, "You arrrre getting sleeeeepy." But unlike stage and screen hypnosis, hypn*otherapy*—in which patients are verbally guided into a "trance" by a trained psychotherapist—is a legitimate treatment tool endorsed by the American Psychological Association. And it's becoming more and more mainstream. "Hypnosis has a long and checkered history," says Jean Fain, a psychotherapist who uses hypnosis in her Massachusetts practice. "But there's a

HEALTH QUICKIE If your health insurance covers psychotherapy, hypnotherapy may be covered too.

DARREN KEITH AT FRANK. THE MODEL PICTURED HERE HAS NO RELATION TO THE STORY

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growing body of quality research showing that it can help with everything from behavioral problems and bad habits to anxiety and irritable bowel syndrome."

How hypnotizable are *you*?

If you think you could never relax enough for hypnosis to work for you, that may be a sign you're the perfect candidate. "Being anxious means you have a very vivid mind that can easily make up a worst-case scenario," says Elvira Lang, M.D., an associate professor of radiology at Harvard Medical School who has done research on hypnosis. If you can do that, she says, then your mind is also well-suited to make up a better story line—and imagine yourself changing. You may also be a strong candidate if you're a dreamer, "the sort of person who gets lost in a movie or fantasy easily," says David Spiegel, M.D., associate chair of psychiatry at Stanford University School of Medicine. Ten to 15 percent of people are considered highly hypnotizable, and another 50 percent moderately so, he says. That leaves about one third who are hard to entrance. They tend to be logical, thinky people who would rather read while relaxing than daydream.

Still, experts say the strongest predictor of success in hypnotherapy is motivation to change, whether it's quitting smoking, losing weight or dealing with anxiety—the most common issues for which women seek hypnosis. "You don't need to 'believe' in hypnosis for it to work," says New York City psychotherapist Ana Tucker (the hypnogoddess I went to). "You just have to be willing to go through the process."

Many who do like the results. Recent research from North Shore Medical Center in Salem, Massachusetts, found that half of people who used hypnotherapy to stop smoking were still cigarette-free in six months, versus just 16 percent of nicotine-replacement users and 25 percent of people who went cold turkey. As for weight loss, a review of previous research found that people who did hypno- and talk therapy were able to lose more than twice the weight of their counterparts who did talk therapy alone—an average of almost 15 pounds instead of six.

How it works

Hypnosis appears to circumvent the part of the brain that says, There's no way this will help. If someone said to you right now, "The next time you see a cheesecake, you'll want a carrot instead," you'd laugh (and dig in). But if someone makes that kind of suggestion when you're under hypnosis, it sneaks past your rational mind and into the part of your brain that influences action.

I TRIED HYPNOSIS FOR...

WEIGHT LOSS

"I noticed an immediate impact after one session to help me curb 'anxious eating'—like when I'm at a party and there's a bowl of this or that, I have to eat it. Right after, I went to watch a movie at my boyfriend's house and had no impulse to eat any of his popcorn. I forgot it was even there. I lost four pounds in one week, but the effects eventually kind of wore off. I never did any follow-up sessions and started wanting to nibble again. I pretty quickly gained back the pounds I'd lost." —ROSE MARTELLI, 33, ST. LOUIS

THE EXPERTS SAY: "Think about it: One tennis lesson isn't really going to change your game—you have to keep practicing. Self-hypnosis and follow-up sessions are practice too," says Harvard Medical School–affiliated psychotherapist Jean Fain.

I TRIED HYPNOSIS FOR...

ANXIETY

"I was hypnotized to deal with anxiety about taking the bar exam. I went to a recommended doctor four times at $250 a pop. It was really relaxing when I was there, but it didn't do anything lasting for me. The techniques I was taught didn't come in handy during the exam because I was too nervous to do them! Basically, these four sessions were the most expensive naps that I've ever taken." —SARAH KAIMAN, 30, LOS ANGELES

THE EXPERTS SAY: "A client should definitely see improvement after one to two appointments," says hypnotherapist Ana Tucker. But lifelong issues like anxiety are tough. "Some clients with a chronic health challenge or mood disorder may benefit from ongoing sessions."

Brain imaging studies have illustrated just how this sidestepping may work. Generally, if you see the word *red* written in green ink and someone asks you what color you see, it takes your brain an extra moment to sort out that the *word* is red but the *ink* is green. But when people are hypnotized and told that they'll have no trouble naming the colors they'll see, their brains sort it out with zero hesitation, researchers at Weill Cornell Medical College in New York City found. Brain images showed that during the experiment, the part of the brain that would normally kick in to resolve conflict wasn't active at all—hypnosis actually changed the way the subjects' brains functioned.

OK, so there may be scientific proof that hypnosis does something to your brain. But outside the lab, does it feel as wacky as those B-movie scenes? Actually, no; it's more like therapy. In my appointment with Tucker, she started with general questions about my gross finger-picking habit. When did I do it most? (When restless, overwhelmed or trying to concentrate on work.) How does it make me feel? (Crappy, ashamed and immature.) How would I feel if I didn't do it? (Awesome.) Once she had enough background, I sat in her giant hypno-Barcalounger and she guided me verbally into a deep relaxation—a trance—telling me to envision a light over my head warming my body, and to imagine each part of my body getting heavier and heavier.

This kind of relaxation, it should be noted, isn't the passive, on-the-beach variety. The trance state is actually an active, focused type of concentration. "It's like looking through a telephoto lens in a camera," Dr. Spiegel explains. "What you see is visible in great detail, but you don't notice the surroundings." →

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I chose to get Vaccinated because my dreams don't include Cervical Cancer.

I mean, I'll do everything I can to help my dreams come true, whatever they might be.

So when my doctor said Gardasil helps protect me from cervical cancer and other HPV diseases, I figured how could I not?

GARDASIL is the only cervical cancer vaccine that helps protect against 4 types of human papillomavirus (HPV): 2 types that cause 70% of cervical cancer cases and 2 more types that cause 90% of genital warts cases. GARDASIL is for girls and young women ages 9 to 26. The duration of protection of GARDASIL has not been established.

SELECT SAFETY INFORMATION:

Anyone who is allergic to the ingredients of GARDASIL should not receive the vaccine. GARDASIL may not fully protect everyone, and does not prevent all types of cervical cancer, so it's important to continue routine cervical cancer screenings.

GARDASIL is not for women who are pregnant. GARDASIL does not treat cervical cancer or genital warts. The side effects include pain, swelling, itching, and redness at the injection site, fever, nausea, dizziness, vomiting, and fainting. GARDASIL is given as 3 injections over 6 months. Only a doctor or health care professional can decide if GARDASIL is right for you.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your doctor or health care professional.

GARDASIL.

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com 1-800-GARDASIL

For more information on the availability of GARDASIL through the Merck Vaccine Patient Assistance Program, visit gardasil.com/freevaccines or call 1-800-GARDASIL.

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Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

9682307

Read this information with care before you or your child gets GARDASIL.* You or your child will need 3 doses of the vaccine. It is important to read this leaflet when you receive each dose. This leaflet does not take the place of talking with your health care professional about GARDASIL.

What is GARDASIL and what is it used for?
GARDASIL is a vaccine (injection/shot) that helps protect against the following diseases caused by Human Papillomavirus (HPV) Types in the vaccine (6, 11, 16, and 18):

- Cervical cancer (cancer of the lower end of the uterus or womb).
- Abnormal and precancerous cervical lesions.
- Abnormal and precancerous vaginal lesions.
- Abnormal and precancerous vulvar lesions.
- Genital warts.

GARDASIL helps prevent these diseases — but it will not treat them.

You or your child cannot get these diseases from GARDASIL.

What other key information about GARDASIL should I know?

- Vaccination does not substitute for routine cervical cancer screening. Females who receive GARDASIL should continue cervical cancer screening.
- As with all vaccines, GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against diseases due to non-vaccine HPV types. There are more than 100 HPV types; GARDASIL helps protect against 4 types (6, 11, 16, and 18). These 4 types have been selected for GARDASIL because they cause approximately 70% of cervical cancers and 90% of genital warts.
- This vaccine will not protect you against HPV types to which you may have already been exposed.
- GARDASIL also will not protect against other diseases that are not caused by HPV.
- GARDASIL works best when given before you or your child has any contact with certain types of HPV (i.e., HPV types 6, 11, 16, and 18).

Who can receive GARDASIL?
GARDASIL is for girls and women 9 through 26 years of age.

See "Who should not receive GARDASIL?" below.

Who should not receive GARDASIL?
Anyone who:

- is allergic to any of the ingredients in the vaccine. A list of ingredients can be found at the end of this leaflet.
- has an allergic reaction after getting a dose of the vaccine.

What should I tell my health care professional before I am vaccinated or my child is vaccinated with GARDASIL?
It is very important to tell your health care professional if you or your child:

- has had an allergic reaction to the vaccine.
- has a bleeding disorder and cannot receive injections in the arm.
- has a weakened immune system, for example, due to a genetic defect or HIV infection.
- is pregnant or is planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- has any illness with a fever more than 100°F (37.8°C).
- takes or plans to take any medicines, even those you can buy over the counter.

Your health care professional will decide if you or your child should receive the vaccine.

How is GARDASIL given?
GARDASIL is given as an injection.

You or your child will receive 3 doses of the vaccine. Ideally the doses are given as:

- First dose: at a date you and your health care professional choose.
- Second dose: 2 months after the first dose.
- Third dose: 6 months after the first dose.

Make sure that you or your child gets all 3 doses. This allows you or your child to get the full benefits of GARDASIL. If you or your child misses a dose, your health care professional will decide when to give the missed dose.

What are the possible side effects of GARDASIL?
As with all vaccines, there may be some side effects with GARDASIL. GARDASIL has been shown to be generally well tolerated in women and girls as young as 9 years of age.

The most commonly reported side effects included:

- pain, swelling, itching, and redness at the injection site.
- fever.
- nausea.
- dizziness.
- vomiting.
- fainting.

Fainting can occur after vaccination, most commonly among adolescents and young adults. Although fainting episodes are uncommon, patients should be observed for 15 minutes after they receive HPV vaccine.

Allergic reactions that may include difficulty breathing, wheezing (bronchospasm), hives, and rash have been reported. Some of these reactions have been severe.

Additional side effects reported include swollen glands (neck, armpit, or groin), Guillain-Barré syndrome, and headache.

If you or your child has any unusual or severe symptoms after receiving GARDASIL, contact your health care professional right away.

For a more complete list of side effects, ask your health care professional.

What are the ingredients in GARDASIL?
The main ingredients are purified inactive proteins that come from HPV Types 6, 11, 16, and 18.

It also contains amorphous aluminum hydroxyphosphate sulfate, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

What are cervical cancer, precancerous lesions, and genital warts?
Cancer of the cervix is a serious disease that can be life-threatening. This disease is caused by certain HPV types that can cause the cells in the lining of the cervix to change from normal to precancerous lesions. If these are not treated, they can turn cancerous.

Genital warts are caused by certain types of HPV. They often appear as skin-colored growths. They are found on the inside or outside of the genitals. They can hurt, itch, bleed, and cause discomfort. These lesions are usually not precancerous. Sometimes, it takes multiple treatments to eliminate these lesions.

What is Human Papillomavirus (HPV)?
HPV is a common virus. In 2005, the Centers for Disease Control and Prevention (CDC) estimated that 20 million people in the United States had this virus. There are many different types of HPV; some cause no harm. Others can cause diseases of the genital area. For most people the virus goes away on its own. When the virus does not go away it can develop into cervical cancer, precancerous lesions, or genital warts, depending on the HPV type. See "What other key information about GARDASIL should I know?"

Who is at risk for Human Papillomavirus?
In 2005, the CDC estimated that at least 50% of sexually active people catch HPV during their lifetime. A male or female of any age who takes part in any kind of sexual activity that involves genital contact is at risk.

Many people who have HPV may not show any signs or symptoms. This means that they can pass on the virus to others and not know it.

Will GARDASIL help me if I already have Human Papillomavirus?
You may benefit from GARDASIL if you already have HPV. This is because most people are not infected with all four types of HPV contained in the vaccine. In clinical trials, individuals with current or past infection with one or more vaccine-related HPV types prior to vaccination were protected from disease caused by the remaining vaccine HPV types. GARDASIL is not intended to be used for treatment for the above mentioned diseases. Talk to your health care professional for more information.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care professional or visit www.gardasil.com.

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I TRIED HYPNOSIS FOR...

SMOKING

"During my session, I vividly recalled how nauseous and dizzy I felt after my first cigarette. Somehow that helped me realize deep down that smoking was self-destructive. I walked out of there a nonsmoker and never looked back."

—JENNIFER COHEN, 37, LOS ANGELES

THE EXPERTS SAY: "About 25 percent of people who are taught a self-hypnosis exercise to quit smoking will give it up for good," says psychiatrist David Spiegel, M.D.

Once I was relaxed, the real work began. Tucker guided me, with more and more pointed questions, to envision just what part of me was responsible for this nail- and finger-biting business—and what that part of me was getting out of it. It felt like the whole world had dissolved down to just my head and Tucker's voice; I was able to answer her questions spontaneously and reflexively—and what came out was that I was nibbling to distract myself, to take a breath, to think about fewer than seven things at once, to *relax*. When it all came together, I felt myself tear up. I could have spent years in therapy figuring out, you know, how my parents were to blame or something; here, the whole thing took just about two hours.

After Tucker gradually brought me out of the trance, not two minutes had passed before I found myself reaching to pick at a finger. The difference this time? I noticed, and stopped. Before, I'd have peeled off a hunk of skin before even realizing my hand was in my mouth. But this time I felt like I had a choice. The same thing happened the next day, and the next. I remain completely amazed.

Of course, not everyone can expect such a quick change. For people with less, er, bite-size problems than mine, up to six sessions or more (at $65 to $300 per session), combined with traditional talk therapy, may be recommended—along with ongoing practice at home, possibly with a CD recorded during the session—and some people still won't get the results they want. (Tucker gave me a recording that I've listened to several times to relax—but I haven't needed it for any "relapses.") In fact, you should be wary of hypno*tists* who promise instant success. A reputable hypno*therapist* is a licensed psychologist or social worker who has had special training. You can find a list of therapists in your area through the American Society of Clinical Hypnosis at asch.net—and don't be afraid to ask a practitioner what kind of education she's had.

Can you do it yourself?

"It can be very helpful to have a therapist guiding you, but ultimately, *all* hypnosis is self-hypnosis," says Cleveland psychotherapist Belleruth Naparstek. One way to do it yourself is with an audio CD or download much like the ones that therapists may send patients home with after a session. If you decide to try it, look for an audio program labeled "relaxation," "guided imagery," "guided meditation" or "self-hypnosis," says Naparstek—and, of course, it should focus on the specific problem you want to address. You might even try a hypnosis script that you read to yourself (many are available where audio programs are sold). Megan Key, 25, of Seattle, used one to help herself relax and stop grinding her teeth at night: "After doing it once a day for a week, I no longer woke up with my jaw clenched." (And she saved the $500 she was going to spend on a mouth guard.)

Five months after my hypnotherapy session with Tucker, my hands all pretty and healed, I've actually lost the urge to bite most days. During occasional moments when I do feel a desire to nibble, or I see a hangnail emerging, I can say, "Eh, I'll leave it until I can get a nail clipper." And then I can actually think about other things, like writing this story, or getting my nails done without getting yelled at. Imagine that.

Ex-nail biter Lynn Harris is the author of Death by Chick Lit.

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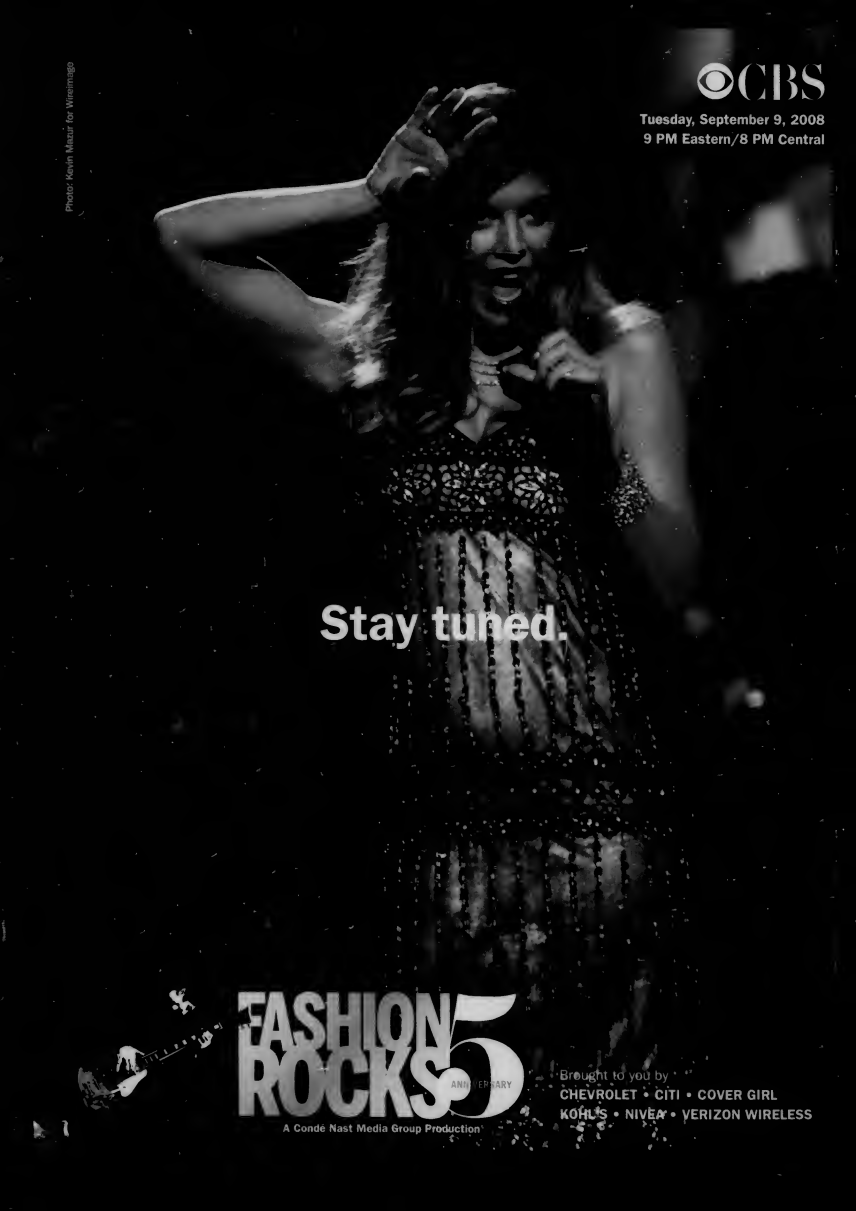
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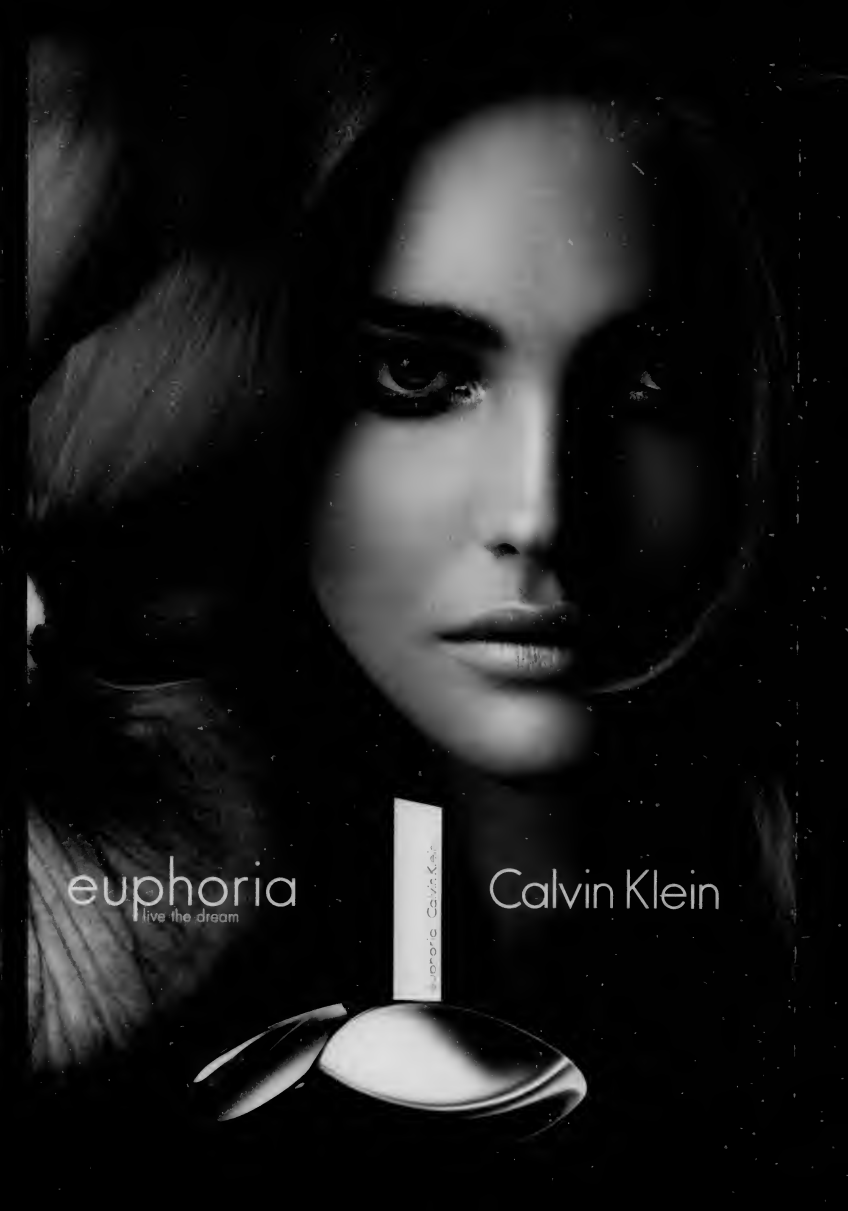
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THIS MONTH'S LOWDOWN ON YOU, HIM AND EVERYTHING IN BETWEEN

Guys: What's the #1 thing you want from a woman (other than sex)?

"I want a woman who can throw her hair in a ponytail and walk out the door in flip-flops—not someone who is always putting on tons of makeup. Low-maintenance, basically." —BRYAN FLETCHER, 29

"Babies, actually. I want to have kids as soon as possible, so I'm looking for a woman who'd be a good mother." —RAFAEL SALAS, 36

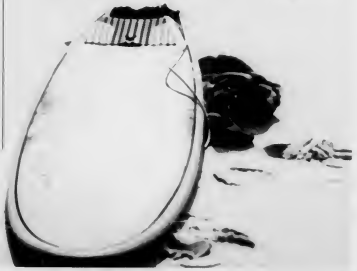
"A challenge! If I say something that is really out of line, she needs to come right back at me." —MAURICE COLLADA, 24

"She's got to like dogs. I have two, and they are my life. Plus, I think it's good for people to care for something other than themselves." —ABRAHAM ZEPEDA, 23

"Appreciation. My fiancée always smiles when I do little things for her like open the car door; it makes me want to do them more." —JOE MALTESE, 38

"Emotional support. My girlfriend is the only one I can talk to about anything—career, future plans. I'm independent, but I also rely on her a lot." —KYUNGTAE KIM, 24

"Hey, who took sex off the list?!" —TOM LINKOUS, 43



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IMPORTANT SAFETY INFORMATION ABOUT YAZ:

What are the risks involved with taking any oral contraceptive (OC)? OCs can be associated with increased risks of several serious side effects. OCs do not protect against HIV infection or other STDs. **Women, especially those 35 and over, are strongly advised not to smoke because it increases the risk of serious cardiovascular side effects including blood clots, stroke, and heart attack.**

Bayer HealthCare Pharmaceuticals

READY FOR BIRTH CONTROL THAT GOES BEYOND?

YAZ,® like all birth control pills, is 99% effective and can give you shorter, lighter periods. But YAZ goes beyond the rest. It's the first and only contraceptive proven to treat emotional and physical premenstrual symptoms severe enough to impact your life, a condition doctors call PMDD. Symptoms could include:

- **Irritability**
- **Moodiness**
- **Feeling anxious**
- **Bloating**
- **Increased appetite**
- **Fatigue**
- **Headaches**
- **Muscle aches**

YAZ can also help keep your skin clear. In recent studies, 9 out of 10 women saw improvement in their moderate acne.

YAZ is for women who choose the Pill for contraception. It should be taken as directed, and is available by prescription only.

Who shouldn't take YAZ?
YAZ contains a different kind of hormone that may increase potassium. Therefore, you should not take YAZ if you have kidney, liver, or adrenal disease because this could cause serious heart and health problems. Tell your doctor if you are on daily long-term treatment for a chronic condition such as cardiovascular disease or chronic inflammatory disease. Women who take certain drugs (see below) should have their potassium levels checked in the first month of taking YAZ.
You are encouraged to report serious side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

You don't have to take it anymore! Talk to your healthcare professional to find out if YAZ is right for you.

YAZ® (drospirenone & ethinyl estradiol)

BEYOND BIRTH CONTROL™

www.YAZ-us.com **1-866-YAZ-PILL**

What cardiovascular or chronic inflammatory drugs may increase potassium? NSAIDs—ibuprofen (Motrin,® Advil®), naproxen (Naprosyn,® Aleve,® and others) when taken long-term and daily for arthritis or other diseases or conditions, Potassium-sparing diuretics (spironolactone and others), Potassium supplementation, ACE inhibitors (Capoten,® Vasotec,® Zestril,® and others), Angiotensin-II receptor antagonists (Cozaar,® Diovan,® Avapro,® and others), Heparin, and Aldosterone antagonists. See important patient information on reverse side.

BRIEF SUMMARY PATIENT PACKAGE INSERT

YAZ®

(drospirenone and ethinyl estradiol) Tablets
containing the following:
24 light pink – "active" tablets
4 white – "inert" tablets

This product (like all oral contraceptives) is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

YAZ® is different from other birth control pills because it contains the progestin drospirenone. Drospirenone may increase potassium. Therefore, you should not take YAZ if you have kidney, liver or adrenal disease because this could cause serious heart and health problems. Other drugs may also increase potassium. If you are currently on daily, long-term treatment for a chronic condition with any of the medications below, you should consult your healthcare provider about whether YAZ is right for you, and during the first month that you take YAZ, you should have a blood test to check your potassium level:

- **NSAIDs (Ibuprofen [Motrin, Advil], naproxyn [Aleve and others] when taken long-term and daily for treatment of arthritis or other problems)**
- **Potassium-sparing diuretics (spironolactone and others)**
- **Potassium supplementation**
- **ACE Inhibitors (Capoten, Vasotec, Zestril and others)**
- **Angiotensin-II receptor antagonists (Cozaar, Diovan, Avapro and others)**
- **Heparin**
- **Aldosterone antagonists**

INDICATIONS

1. YAZ is indicated for the prevention of pregnancy in women who elect to use an oral contraceptive.
2. YAZ is also indicated for the treatment of symptoms of premenstrual dysphoric disorder (PMDD) in women who choose to use an oral contraceptive as their method of contraception. The effectiveness of YAZ for PMDD when used for more than three menstrual cycles has not been evaluated.
3. YAZ is indicated for the treatment of moderate acne vulgaris in women at least 14 years of age, who have no known contraindications to oral contraceptive therapy and have achieved menarche. YAZ should be used for the treatment of acne only if the patient desires an oral contraceptive for birth control.

YAZ is an oral contraceptive, also known as a "birth control pill" or "the Pill." Oral contraceptives are taken to prevent pregnancy, and, when taken correctly without missing any pills, have a failure rate of approximately 1% per year (1 pregnancy per 100 women per year of use). The typical failure rate in pill users is approximately 5% per year (5 pregnancies per 100 women per year of use) when women who miss pills are included. Forgetting to take pills considerably increases the chances of pregnancy.

YAZ may also be taken to treat premenstrual dysphoric disorder (PMDD) if you choose to use the Pill for birth control. Unless you have already decided to use the Pill for birth control, you should not start YAZ to treat your PMDD because there are other medical therapies for PMDD that do not have the same risks as the Pill. PMDD is a mood disorder related to the menstrual cycle. PMDD significantly interferes with work or school, or with usual social activities and relationships with others. Symptoms include markedly depressed mood, anxiety or tension, mood swings, and persistent anger or irritability. Other features include decreased interest in usual activities, difficulty concentrating, lack of energy, change in appetite or sleep, and feeling out of control. Physical symptoms associated with PMDD may include breast tenderness, headache, joint and muscle pain, bloating and weight gain. These symptoms occur regularly before menstruation starts and go away within a few days following the start of the period. Diagnosis of PMDD should be made by healthcare providers.

You should only use YAZ for treatment of PMDD if you:

- Have already decided to use oral contraceptives for birth control, and
- Have been diagnosed with PMDD by your healthcare provider

YAZ has not been shown to be effective for the treatment of premenstrual syndrome (PMS), a less serious cluster of symptoms occurring before menstruation. If you or your healthcare provider believes you have PMS, you should only take YAZ if you want to prevent pregnancy, and not for the treatment of PMS.

YAZ may also be taken to treat moderate acne in women who are able to and wish to use the pill for birth control.

Any woman who needs contraception (birth control) and chooses to use an oral contraceptive should understand the benefits and risks of using the Pill. This leaflet will give you much of the information you will need to help you decide if you should use the Pill for contraception and will also help you determine if you are at risk of developing any of the serious side effects of the Pill. It will tell you how to use the Pill properly so that it will be as effective as possible. However, this leaflet is not a replacement for a careful discussion between you and your healthcare professional. You should discuss the information provided in this leaflet with him or her both when you first start taking the Pill and during your revisits. You should also follow your healthcare professional's advice with regard to regular check-up while you are on the Pill.

For the majority of women, oral contraceptives can be taken safely. But there are some women who are at high risk of developing certain serious diseases that can be life-threatening or may cause temporary or permanent disability or death. The risks associated with taking oral contraceptives increase significantly if you:

- smoke
- have high blood pressure, diabetes, high cholesterol, or are obese
- have or have had clotting disorders, heart attack, stroke, angina pectoris (severe chest pains), cancer of the breast or sex organs, jaundice, or malignant or benign liver tumors.

You should not take the pill if you suspect you are pregnant or have unexplained vaginal bleeding.

Although cardiovascular disease risks may be increased with oral contraceptive use after age 40 in healthy, non-smoking women (even with the newer low-dose formulations), there are also greater potential health risks associated with pregnancy in older women.

Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels from oral contraceptive use. This risk increases with age and with heavy smoking (15 or more cigarettes per day) and is quite marked in women over 35 years of age. Women who use oral contraceptives should not smoke.

Most side effects of the pill are not serious. The most common such effects are nausea, vomiting, bleeding between menstrual periods, weight gain, breast tenderness, and difficulty wearing contact lenses. These side effects, especially nausea and vomiting may subside within the first three months of use.

The serious side effects of the pill occur very infrequently, especially if you are in good health and are young. However, you should know that the following medical conditions have been associated with or made worse by the pill:

1. Blood clots in the legs (thrombophlebitis), lungs (pulmonary embolism), blockage or rupture of a blood vessel in the brain (stroke), blockage of blood vessels in the heart (heart attack and angina pectoris) or other organs of the body. As mentioned above, smoking increases the risk of heart attacks and strokes and subsequent serious medical consequences. Women with migraine headaches also may be at increased risk of stroke when taking the pill.
2. Liver tumors, which may rupture and cause severe bleeding. A possible but not definite association has been found with the pill and liver cancer. However, liver cancers are extremely rare. The chance of developing liver cancer from using the pill is thus even rarer.
3. High blood pressure, although blood pressure usually returns to normal when the pill is stopped.
4. Cancer of the breast. Various studies give conflicting reports on the relationship between breast cancer and oral contraceptive use. Oral contraception may slightly increase your chance of having breast cancer diagnosed, particularly after using hormonal contraceptives at a younger age. After you stop using hormonal contraceptives, the chances of getting breast cancer begin to go back down. You should have regular breast examinations by a healthcare provider and examine your own breasts monthly. Tell your healthcare provider if you have a family history of breast cancer or if you have had breast nodules or an abnormal mammogram. Women who currently have or have had breast cancer should not use oral contraceptives because breast cancer is a hormone-sensitive tumor.

Some studies have found an increase in the incidence of cancer or precancerous lesions of the cervix in women who use the pill. However, this finding may be related to factors other than the use of the pill.

The symptoms associated with these serious side effects are discussed in the detailed leaflet given to you with your supply of pills. Notify your doctor or healthcare provider if you notice any unusual physical disturbances while taking the pill. In addition, drugs such as rifampin, as well as some anticonvulsants, some antibiotics and some herbal products such as St. John's Wort, may decrease oral contraceptive effectiveness.

Taking the pill may provide some important non-contraceptive benefits. These include less painful menstruation, less menstrual blood loss and anemia, fewer pelvic infections, and fewer cancers of the ovary and the lining of the uterus.

Be sure to discuss any medical condition you may have with your healthcare provider. Your healthcare provider will take a medical and family history before prescribing oral contraceptives and will examine you. The physical examination may be delayed to another time if you request it and the healthcare provider believes that it is appropriate to postpone it. You should be reexamined at least once a year while taking oral contraceptives. The detailed patient information booklet gives you further information which you should read and discuss with your healthcare provider.

This product (like all oral contraceptives) is intended to prevent pregnancy. Oral contraceptives do not protect against HIV infection (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

INSTRUCTIONS TO PATIENTS

HOW TO TAKE THE PILL

IMPORTANT POINTS TO REMEMBER

BEFORE YOU START TAKING YOUR PILLS:

1. BE SURE TO READ THESE DIRECTIONS.
   Before you start taking your pills.
   Anything you are not sure what to do.
2. THE RIGHT WAY TO TAKE THE PILLS IS TO TAKE ONE PILL EVERY DAY AT THE SAME TIME. YAZ CAN BE TAKEN WITHOUT REGARD TO MEALS.
   If you miss pills you could get pregnant. This includes starting the pack late. The more pills you miss, the more likely you are to get pregnant. See **"WHAT TO DO IF YOU MISS PILLS"** below.
3. MANY WOMEN HAVE SPOTTING OR LIGHT BLEEDING, OR MAY FEEL SICK TO THEIR STOMACH DURING THE FIRST 1-3 PACKS OF PILLS.
   If you do have spotting or light bleeding or feel sick to your stomach, do not stop taking the pill. The problem will usually go away. If it does not go away, check with your healthcare provider.
4. MISSING PILLS CAN ALSO CAUSE SPOTTING OR LIGHT BLEEDING, even when you make up these missed pills.
   On the days you take two pills, to make up for missed pills, you could also feel a little sick to your stomach.
5. IF YOU HAVE VOMITING (within 3 to 4 hours after you take your pill), you should follow the instructions for **"WHAT TO DO IF YOU MISS PILLS"**. IF YOU HAVE DIARRHEA, or IF YOU TAKE CERTAIN MEDICINES, including some antibiotics and some herbal products such as St. John's Wort, your pills may not work as well.
   Use a back-up method (such as condoms or spermicides) until you check with your healthcare provider.
6. IF YOU HAVE TROUBLE REMEMBERING TO TAKE THE PILL, talk to your healthcare provider about how to make pill-taking easier or about using another method of birth control.
7. IF YOU HAVE ANY QUESTIONS OR ARE UNSURE ABOUT THE INFORMATION IN THIS LEAFLET, call your healthcare provider.

BEFORE YOU START TAKING YOUR PILLS

1. DECIDE WHAT TIME OF DAY YOU WANT TO TAKE YOUR PILL.
   It is important to take YAZ at about the same time every day. YAZ can be taken without regard to meals
2. LOOK AT YOUR PILL PACK. – IT HAS 28 PILLS:
   The *first pill pack* has 24 light pink "active" pills (with hormones) to be taken for 24 days, followed by 4 white "reminder" pills (without hormones) to be taken for four days
3. ALSO FIND:
   1) Where on the pack to start taking pills.
   2) In what order to take the pills (follow the arrows)
   3) The week numbers as shown in the diagram below

4. BE SURE YOU HAVE READY AT ALL TIMES:
   ANOTHER KIND OF BIRTH CONTROL (such as condoms or spermicides) to use as a back-up in case you miss pills
   AN EXTRA, FULL PILL PACK

WHEN TO START THE *FIRST PACK OF PILLS*

You have a choice for which day to start taking your first pack of pills. Decide with your healthcare provider which is the best day for you. Pick a time of day which will be easy to remember.

DAY 1 START:

1. Take the first light pink "active" pill of the first pack during the *first 24 hours of your period*.
2. You will not need to use a back-up method of birth control, since you are starting the pill at the beginning of your period

SUNDAY START:

1. Take the first light pink "active" pill of the first pack on the *Sunday after your period starts*, even if you are still bleeding. If your period begins on Sunday, start the pack that same day.
2. *Use another method of birth control* (such as condoms or spermicides) as a back-up method if you have sex anytime from the Sunday you start your first pack until the next Sunday (7 days).

WHEN YOU SWITCH FROM A DIFFERENT BIRTH CONTROL PILL:

When switching from another birth control pill, YAZ should be started on the same day that a new pack of the previous birth control pills would have been started.

WHAT TO DO DURING THE MONTH

1. **TAKE ONE PILL AT THE SAME TIME EVERY DAY UNTIL THE PACK IS EMPTY**
   Do not skip pills even if you are spotting or bleeding between monthly periods or feel sick to your stomach (nausea).
   Do not skip pills even if you do not have sex very often.
2. **WHEN YOU FINISH A PACK OF PILLS:**
   Start the next pack on the day after your last white "reminder" pill. Do not wait any days between packs.

WHAT TO DO IF YOU MISS PILLS

If you **MISS** 1 light pink "active" pill in Week 1 of your pack:

1. Take it as soon as you remember. Take the next pill at your regular time. This means you may take two pills in one day.
2. You do not need to use a back-up birth control method if you have sex.

If you **MISS** 2 light pink "active" pills in a row in **WEEK 1** or **WEEK 2** of your pack:

1. Take two pills on the day you remember and two pills the next day.
2. Then take one pill a day until you finish the pack.
3. You COULD BECOME PREGNANT if you have sex in the *7 days after* you restart your pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.

If you **MISS** 2 light pink "active" pills in a row in **WEEK 3** or **Week 4** of your pack.

1. **If you are a Day 1 Starter:**
   THROW OUT the rest of the pill pack and start a new pack that same day.
   If you are a Sunday Starter:
   Keep taking one pill every day until Sunday. On Sunday, THROW OUT the rest of the pack and start a new pack of pills that same day.
2. You COULD BECOME PREGNANT if you have sex in the *7 days after* you restart your pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.
3. You may not have your period this month but this is expected. However, if you miss your period two months in a row, call your healthcare provider because you might be pregnant.

If you **MISS 3 OR MORE** light pink "active" pills in a row during **ANY Week**:

1. ***If you are a Day 1 Starter:***
   THROW OUT the rest of the pill pack and start a new pack that same day.
   If you are a Sunday Starter:
   Keep taking 1 pill every day until Sunday. On Sunday, THROW OUT the rest of the pack and start a new pack of pills that same day.
2. You COULD BECOME PREGNANT if you have sex in the *7 days after* you restart pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.
3. You may not have your period this month but this is expected. However, if you miss your period two months in a row, call your healthcare provider because you might be pregnant.

If you **MISS ANY** of the 4 **white** "reminder" pills in **Week 4**

THROW AWAY the pills you missed

Keep taking one pill each day until the pack is empty

You do not need a back-up method of birth control

FINALLY, IF YOU ARE STILL NOT SURE WHAT TO DO ABOUT THE PILLS YOU HAVE MISSED.

Use a BACK-UP METHOD (such as condoms or spermicides) anytime you have sex.

KEEP TAKING ONE ACTIVE LIGHT PINK PILL EACH DAY until you can contact your healthcare provider

For additional information see "Detailed Patient Labeling"

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every story has a bead

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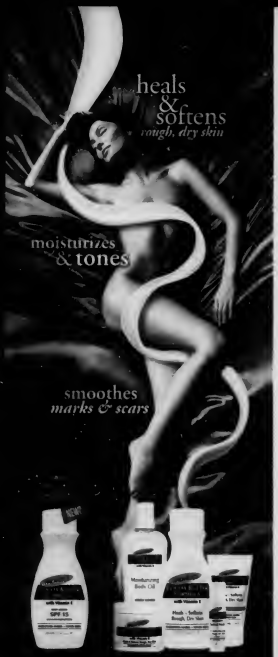

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Are your sex fantasies normal?

Do they star Jude Law? An ex? The guy who pumps your gas? Find out how twisted that secret sex tape in your head really is. By Meredith Bodgas

Normal by the numbers

seventy-two
Percent of women who say they fantasize during sex to get turned on

29
Percent of women who feel guilty about their fantasies. "Stop worrying!" says New York City sexologist Logan Levkoff. "Embrace them for what they are: thoughts, not actions."

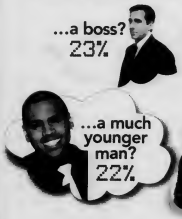
30 Percent of people who imagine cheating on their partners but don't

64 Percent of women who say they dream about having sex in public places

forty-seven Percent of women we polled who say their *real* sex life is more exciting than the one in their fantasies

thirty
Percent of women *Glamour* polled who say they've acted out one of their fantasies

Have you ever fantasized about...



3 weird things that are very normal

1. **Fantasizing about submission.** Research shows it's incredibly common. "It may mean you feel powerful in life and need an escape," says New York City psychologist Sari Locker, Ph.D.
2. **Wanting to sleep with a stranger.** It's on the minds of 27 percent of women.
3. **Being scared by his fantasies,** like the schoolgirl thing. Experts say that one's actually common—and probably has to do with what he's seen in porn.

Who's made a cameo in your sex dreams?

"A coworker with a Popsicle. I can't look at him or Popsicles now!" —KATIE SCHOENBAECHLER, 26, TERRE HAUTE, IND.

"This hot guy with freckles. We only met *once*, at a networking event!" —NICOLE NEWSUM, 27, NEW YORK CITY

"Sheryl Crow. It's so funny because I definitely like men!" —KATRINA NEVILLE, 32, RALEIGH, N.C.

"A young Paul McCartney. I was a cute hippie—he couldn't help himself." —CLAIRE D'AVELLA, 25, DALLAS

Go to **glamour.com/normal** to take a quiz to see how you compare on this issue and next month's topic!

TOP LEFT: ANDREW SOUTHAM PAGE: NEAL PETERS COLLECTION; BROWN: GILBERT FLORES/FLEURIPHOTO.COM; CARROLL: JUSTIN LURING/NBC/COURTESY EVERETT COLLECTION; DEMPSEY: SONY PICTURES/COURTESY EVERETT COLLECTION; GERE AND FORD: PARAMOUNT/COURTESY EVERETT COLLECTION; FOR STATISTICS SOURCES, SEE GO SHOPPING PAGE

Jake's dating score

His Romantic Report Card

When I asked Claudia* out a few weeks ago, she said, "Sure," and then, aware of my gig in these pages, added, "I bet you're a great date." But *am* I? Without direct feedback it's hard to know. So I roped her into an experiment and got her to grade my skills. This is my report card. (Please, Mom, don't post it on your fridge.)

NAME: Jake

EVALUATED BY: Claudia

Subject Area	Grade	Comments
PLAN MAKING/CREATIVITY I opted to take Claudia out for dinner—predictable, yes, but I liked the simplicity—and in an attempt to be an assertive-yet-modern guy, tossed out three restaurants and asked her to pick. She went French bistro. Once I heard back, I researched the area for things to do after dinner. That way I could casually suggest we wander around, secretly knowing we'd "stumble upon" a great spot to keep things going.	B+	Didn't know he'd secretly planned the second part—cute! Most guys don't have any ideas and just try to go home with you.
ORDERING APTITUDE In an effort to impress her, I made too much of our choice between sparkling or tap water. I prefer tap but didn't want to seem cheap, so I ordered…both. The waiter looked confused while I stood by my decision, adding, "No ice with either, please."	C	Tap *and* bottled? LOL! It was kind of nice to see him fumble, though.
CONVERSATION SKILLS To get a sense of Claudia's interests, I'd googled her (yes, guys do that too) but learned only that she was on the swim team in high school and liked Maroon 5. We'd worked together a bit, so I knew that she'd lived abroad and speaks three languages—pressure! Out of the gates I overcompensated by mentioning that I studied overseas, once ran a marathon and do charity work. Then I told a story about my ex. The only thing missing was spinach in my teeth.	B	I'm OK with the research—at least he knew my last name! Could've done without the ex story
WILLINGNESS TO SHARE WITH OTHERS We just "stumbled into" a pub where an Irish band was playing, had a pint and talked about, well, everything. I revealed more than usual, sharing my goals and fears (failure, baby powder). It felt scary but strangely good. Claudia seemed interested—although, in retrospect, didn't share much herself.	A+	Openness is a turn-on! (But if we go out again and he doesn't ask about me, I'll be pissed.)
THE GOOD-NIGHT KISS As we spiraled toward the end-of-date dismount, I wasn't sure where I stood. I wanted to kiss her, but did she want me to? I closed my eyes, leaned in and had a moment of terror: What if I open my eyes and she's leaning away, horrified? Thankfully, her lips were there—and soft. We shared a gentle (G-rated) kiss, and said goodbye. The next morning I texted to thank her for an amazing evening—and ask her out again.	A+	The kiss gave me chills, and left me wondering, Was that enough for him? Does he *want* to go home with me? Well played, Jake.

Grading:

A = Excellent
B = Above Average
C = Average
D = Below Average
F = Failure
IC = Incomplete

Looks/Presentation:

☒ Satisfactory
☐ Unsatisfactory

His redhead curls are a trip.

The follow-up:

☒ Yes, second date!
☐ Not meant to be.

This guy is the real deal....

Jake is a real, live single guy—meet him online and share your comments at ***glamour.com/jake.***

REPORT CARD: DESPINE SCHELLE (ART); CHRISTINE BELGARDING

*Name has been changed.

Vyvanse: Now approved for adults with ADHD.

This is what successful ADHD management could look like.

Fran's ADHD symptoms weren't controlled during her day. She had trouble focusing and finishing her work.

In a clinical study of adults with ADHD, once daily Vyvanse significantly improved symptoms of inattention (e.g. lack of focus), hyperactivity, and impulsivity within one week.

Ask your doctor about Vyvanse.
1-866-633-4791, www.vyvanse.com

NEW FOR ADULTS WITH ADHD

Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules

Important Safety Information

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Brief Summary of Full Prescribing Information on the following page. Shire ...your ADHD Support Company™ LDX2331 05/08 ©2008 Shire US Inc.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE™
(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:
- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:
All Patients
- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers
- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What is Vyvanse?
Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?
Vyvanse should not be taken if you or your child:
- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:
- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?
Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:
- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?
- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?
See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:
- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:
- upper belly pain
- nausea
- dry mouth
- dizziness
- weight loss
- trouble sleeping
- irritability
- decreased appetite
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

How should I store Vyvanse?
- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse
Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?
Active Ingredient: lisdexamfetamine dimesylate
Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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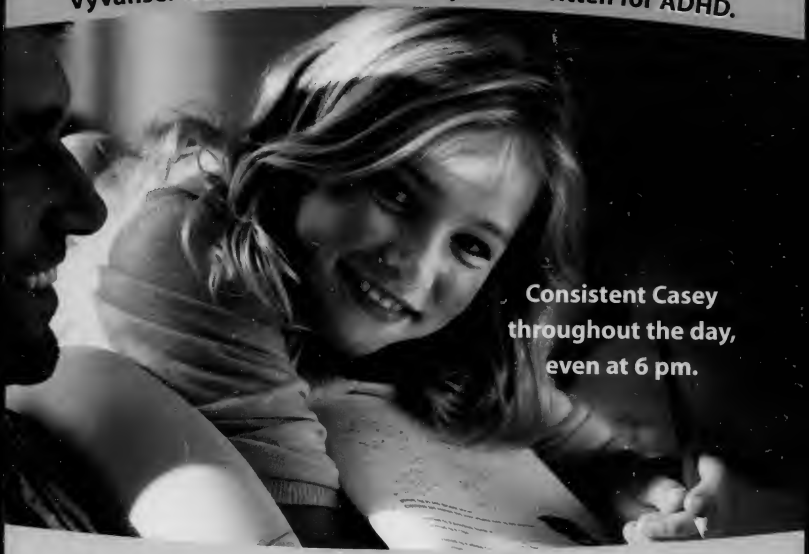
Last Modified: 04/23/2008
LDXMG3 04/08

Shire

Vyvanse: Now 1.5 million prescriptions written for ADHD.



Casey's ADHD symptoms weren't controlled throughout her busy day. Her teachers, coaches and even her friends didn't know the Casey I know.

Vyvanse has been shown to provide consistent ADHD symptom control from morning, through homework and family time, for up to 12 hours.

In a Vyvanse clinical study, parents reported ADHD symptom control at approximately 10:00 am, 2:00 pm and 6:00 pm, demonstrating consistent symptom control.

I wish others could see the child I see.

Vyvanse™ (II)
(lisdexamfetamine dimesylate) capsules
Consistently Vyvanse

Ask your child's doctor about Vyvanse. 1-866-633-4791, www.vyvanse.com

Important Safety Information

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Brief Summary of Full Prescribing Information on the previous page.

Shire ...your ADHD Support Company™ LDX2129 05/08 © 2008 Shire US Inc.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

"I'm dating a baby daddy"

How does it feel when your boyfriend's ex is pregnant—and he's the father? More women than ever are finding out. Here, the story of one who decided *not* to call it quits. By Lisa Craig

Bündchen, Brady and his son, John

Gisele & Tom... & Bridget
The Brady-Bündchen-Moynahan (left to right) triangle is more common than you'd think.

What if I told you there was one last storm to get through—would you ride it out with me?" My boyfriend, Rob,* and I had been holding hands in a dimly lit bar, and I was happily sipping a mojito when he spoke. My heart started to beat faster at the nervousness in his voice.

I looked him square in the eye, hesitated and then answered: "Yes. I think so. What's up?"

"Well, remember I told you I slept with Allie back in March? And remember how I told you she called me last week...."

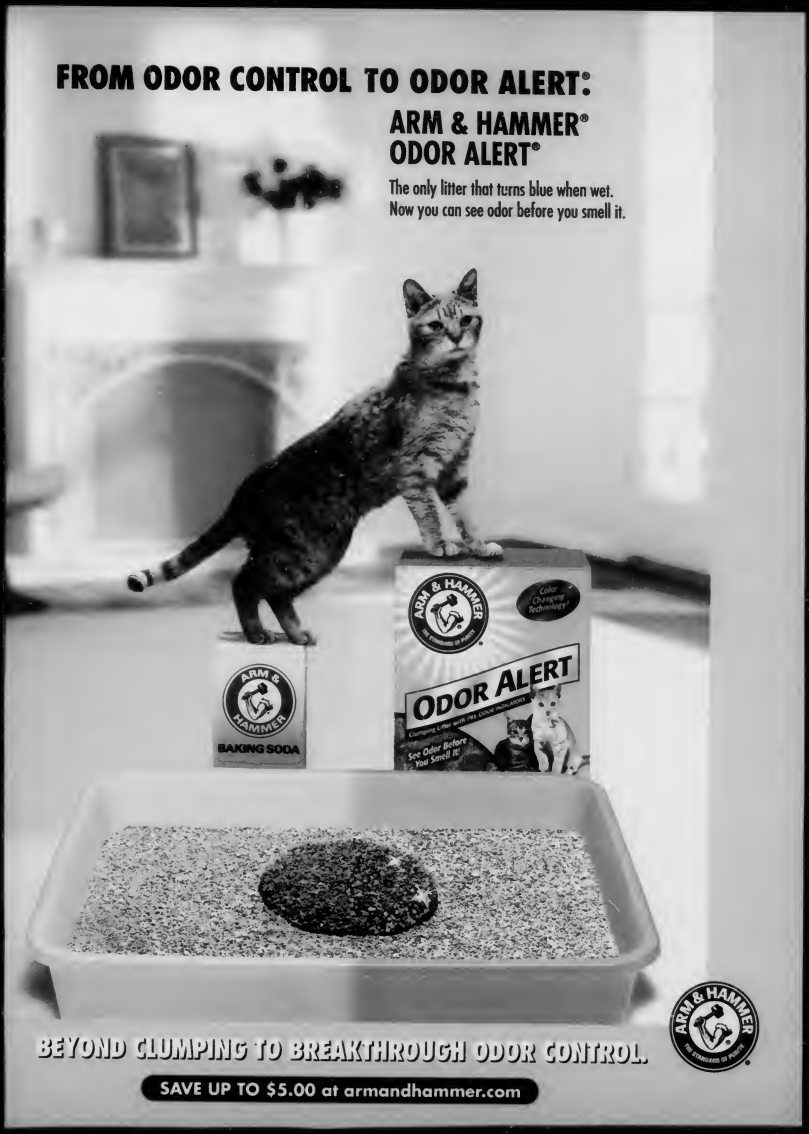
Before he got to the part about how Allie, his ex, was five months pregnant, I already knew what he was going to say. What followed is a blur of tears, but I do remember the text message I sent him from across the table; I was crying too hard to speak. "It's ok," I wrote. "I still luv u."

Only a month before, Rob and I had decided that after a year of on-and-off dating, we were really in love. I was ecstatic. Rob was smart and kind, and we shared a sense of adventure. Then the baby bomb dropped on us. While trying to end things with Allie, he'd slept with her once, believing she was using birth control; he had told me about the slipup before we committed to each other. Her news decimated the perfectly sequential life plan I had been preparing since practically forever—move in together, get engaged, get married, have a child, follow with more children, live happily ever after.

Yet I didn't once seriously consider leaving Rob. And, as I soon learned, our situation was not as unique as I'd thought. →

BUNDCHEN, BRADY AND BABY: BD/KRISTIAN/FLYNETONLINE.COM BUNDCHEN AND BRADY: SPLASH NEWS MOYNAHAN AND BABY: BAUER-GRIFFIN.COM

*Names and some identifying details have been changed.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The only litter that turns blue when wet.
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Celeb baby triangles

IT'S HARD NOT TO JUDGE WHEN A MAN MOVES ON BEFORE HIS KID IS BORN.

Tracey & Eddie...& Scary
Edmonds (left) and Murphy fell in love when Mel B (above) was pregnant with his child.

Claire & Billy...& Mary-Louise
Crudup reportedly started dating Danes (left) seven months into Parker's pregnancy.

With single parenthood having increased nearly threefold in the United States since the 1970s, more women are having babies even if they're not in relationships with the fathers. And many of these men choose to fulfill their role as dad, even when they are with someone else. Tom Brady and Gisele Bündchen weathered a very public media storm as Brady's ex, actress Bridget Moynahan, prepared to give birth to the quarterback's son. According to gossip sites, Bündchen even sent Moynahan $1,000 of designer baby goodies. I aspired to be like her—supportive, selfless and, clearly, self-confident.

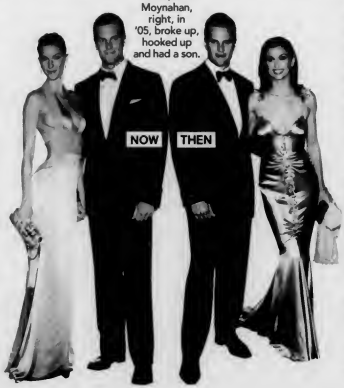
But it was harder than I could have imagined. I'd fall asleep thinking about how awkward I now felt around my boyfriend's family, how his baby would hate me and how I'd turn into an evil stepmom. "It's going to be fine," my cousin reassured me. "Anyway, you love kids!"

That was true. But the question was, would I love *his* kid? And what if he got back together with Allie?

Between August, when we learned about the baby, and December, when she was born, we rarely spoke about the "situation," as we called it. Allie, maybe disappointed that they did not reconcile, wasn't returning Rob's calls, e-mails, IMs or letters, and wouldn't disclose the baby's due date or gender. Although Rob wanted to be involved in his child's life, it was unclear how this would transpire.

We were on vacation in the Bahamas when Allie gave birth. Later, looking back at photos, I was stunned to realize that this drunk and silly 27-year-old guy—who had no clue how to change a diaper—had become a father that night. It seemed like Rob and I were no longer in the same category as humans: He was a parent; I was not. He could claim a dependent on his next tax return and celebrate a "Day," as in Father's; I could not.

In just a year, Tom Brady, here at the Costume Institute gala with Bündchen, left, in '08, and Moynahan, right, in '05, broke up, hooked up and had a son.



Seeking out other women in similar relationships, I learned things can get more complicated with the baby's arrival. Naima, 23, met John when a woman he'd had a one-night stand with was seven months pregnant. "He assured me that everything would be fine, and it was—until his son was born," she recalled. Since then, Naima has dealt with feelings of guilt, "like I'm the reason he doesn't see his kid enough and isn't with his baby's mother." For Cecilia, 33, friendships have gotten awkward. "No one in our circle has children. I feel like I'm living a double life," she says.

Fortunately, our situation has become easier since the birth. Allie, who knows Rob is in a relationship, allows him to visit their daughter whenever he wants. They have gotten along much better since he offered to support her financially. That arrangement has *not* been so easy for me, though. I can't help but wonder what we could be doing with the $2,000 he hands over every month.

"You think I should *not* give her money?" he once asked during a heated argument. "No," I admitted. "But I also think you have no choice."

As bitter as I sometimes feel, I know caring for a child alone is beyond difficult. Many mothers struggle financially, whether Dad is involved or not. Kim, 24, who split with her boyfriend a week after conceiving their now 10-month-old, says, "It's tough to think of him with someone new while I do the hard stuff." Understanding these women's challenges helps me face my own.

When Rob first broke the baby news, I worried that he would no longer want to have kids with me. Which is why it was such a relief when he recently said, "I can't wait until it's us waking to the sound of crying, rolling over and mumbling, 'It's your turn.'"

I'll admit, I can't wait either. And by then, Rob will actually know how to change a diaper. ©

Lisa Craig (not her real name) is an editor in New York City.

MURPHY AND EDMONDS: JAMIE MCCARTHY/WIREIMAGE.COM; MEL B: SPLASH NEWS; DANES AND CRUDUP: BARNEY PHOTO; PARKER: CHRIS HASTON/NBC/WIREIMAGE.COM; BRADY AND BÜNDCHEN: DIMITRIOS KAMBOURIS/WIREIMAGE.COM; BRADY AND MOYNAHAN: GETTY IMAGES

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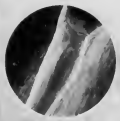

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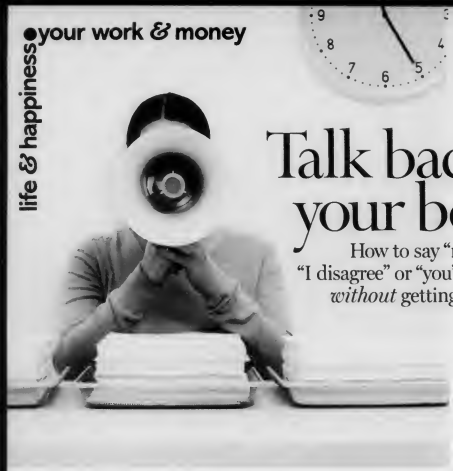

Talk back to your boss!

How to say "no," "I disagree" or "you're wrong" *without* getting fired

Would you rather impale yourself on a Sharpie than tell your boss that you can't work late or handle more work right now? It's a common hang-up. "Women feel so much pressure to be nice, we lose sight of the fact that we *can* say no," says Deborah Tannen, author of *Talking from 9 to 5*. Try these office-savvy ways to say...

"No, I have too much else to do."
Skip the long explanation. "It sounds defensive," says Tannen. Instead, mention your main projects and ask your boss to prioritize them for you. Once she sees how busy you are, she may delegate something to another staffer.

"No, your idea won't work."
"Criticism is always easier to take with a compliment," says Tannen. Try saying, "You've probably thought of this before, but what if we...?"

"No, I don't want to do that."
Make a case for a task you'd prefer. "Sell another side of yourself," says Rebecca Shambaugh, author of *It's Not the Glass Ceiling, It's the Sticky Floor*. For totally unfair requests, like babysitting her kids, tell her, "I can't, but I'll find someone who can." It's a way to be helpful *and* remind her what your job really is.

—*SARA REISTAD-LONG*

So, you want my job?

KATREESE BARNES, 34, MUSICAL DIRECTOR OF *SATURDAY NIGHT LIVE*

What she does: I write the tunes for the *SNL* skits—everything from parody songs to jingles—and oversee the musical performances.
Her lucky break: In 1999 I was singing backup for Brandy. During a New York gig, the conductor of the *SNL* band noticed me jamming on the piano with the other musicians between sets. He hired me as *SNL*'s piano player.
Favorite celeb moment: Jake Gyllenhaal was hosting last year and he wanted to sing the big number from *Dream Girls*. Everyone else thought he was out of his mind, but we practiced and practiced—and when he performed, it blew people away.
Her career high point: Walking up to the podium to receive an Emmy for "Dick in a Box," a song about a guy who wanted to give his girlfriend an extra-special present.
What the pay is like: I make more than a musician in a local bar, but a lot less than Sting does! —*MAURA KELLY*

Yes, you **can** start your own business

AND IF ANYONE TRIES TO TELL YOU DIFFERENTLY, HIT 'EM WITH THESE FACTS:

87 percent of freelancers and entrepreneurs say they're satisfied with their jobs.

$2,000 The median cost to women who start up a business—you don't have to be rich!

$143,726 The average net worth of a female entrepreneur

7% The annual rate at which women's net business income grows (that's nearly twice as fast as men's!)

42%: *The rise in the number of women-owned businesses over the past decade*

1997	2007
5,403,348	*7,690,538*

WORK QUICKIE Compare your commute: The average American spends 25 minutes a day getting to work.

TALK BACK TO YOUR BOSS: GETTY IMAGES. OPEN SAW: GETTY IMAGES. WORK QUICKIE: U.S. CENSUS BUREAU, 2006.

Yo hey. It's me, Paul, the original Dollar Menunaire. Got a little helpful hint to, y'know, fulfill a need. It's called the hot fudge sundae and can be found on McDonald's® superb-ilicious Dollar Menu. It's hot, fudgy and, sundae-y. And for just a buck, it's just what your desire requires. That's probably more than a hint but, y'know, it's a sweet one.
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Hey, it's OK...

...to have a "what happens on vacation stays on vacation" policy—especially if what happened on vacation was an overly flirty bartender and too many mojitos.

...to like the villainess more than the heroine.

...to ask the sweaty dude at the gym to *wipe off that machine*.

...to take every single personal day, holiday and sick day you're entitled to.

...to insist that your duties as bridesmaid do not, under any circumstances, require the wearing of a penis necklace.

...to hog the pillows.

...to go into smile-and-nod mode at the mention of the phrase "I had the weirdest dream last night!"

...to prefer flowers to makeup sex.

...to have both Pizza Planet and House of Fried Chicken on speed dial.

...to think that your own life is much more interesting than any celeb's scandal-filled existence. It is!

ROGER NEVE

HOW DO YOU GET ALL THE YOUTHFUL WITHOUT THE YUCKY?

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"I could be killed for helping this woman"

We can't show you the 31-year-old quoted here—or give you her name—because she's risking everything to bring forbidden aid to Burma's cyclone victims.

Many Burmese women like this one were left homeless by the cyclone—and the military junta is blocking aid to them.

REUTERS

When Cyclone Nargis hit in May, my first thought was, Why does this country have to see more suffering? For decades a military junta has ruled Burma (Myanmar), torturing and killing ethnic minorities and pro-democracy activists. After the cyclone, 133,000 people were dead or missing, and 2 million more were homeless or otherwise affected by the disaster.

I've dedicated my life to helping these people. I coordinate supplies for a humanitarian organization called Free Burma Rangers, based across the border. We sneak into the country and offer aid to those who've been attacked by the army. If Burmese government soldiers catch us in their country, they kill us. Because the work we do is so politically explosive, I can't give my name.

The cyclone's devastation was unbelievable; we heard firsthand reports about the desperate need for food and drinking water. But we also knew that the army was tightly controlling the delta and that we wouldn't be able to get in. Worse yet, the military is *continuing* to attack ordinary people; just a few days ago, they burned an entire village to the ground, displacing another 1,000 people.

So far, we've sent money to help 3,500 Burmese buy cooking oil, beans, rice and medicine, and we're training local area aid workers to help with this new crisis.

The people of Burma have known tragedy their entire lives. Unsurprisingly, they are dealing with this crisis gracefully. But the cyclone victims say they have nothing left, that their farms' soil has been destroyed by salt water. They fear returning to their villages and facing the devastation. Everything must be rebuilt. We will be there for them as long as we need to, and continue to hope that the people of Burma will get *all* the help they so desperately need—and, finally, their freedom.

—AS TOLD TO WHITNEY JOINER

Want to help Burmese families in need?
Go to freeburmarangers.org to find out how.

Angelina's parenthood decisions have been endlessly scrutinized; isn't it time we support all mothers?

I EDITORIAL I

Enough bashing women's motherhood choices!

TO WORK OR STAY AT HOME?

64%

of women are back on the job within a year of having their first baby.

These are comments made at parenting websites and blogs: "If you really must have children and cannot, then you should adopt. [In vitro fertilization] is for selfish women who want it all." "It is normal to want to have kids and abnormal not to want to have kids." "Breeders suck." Harsh? You bet. And yet women continue to judge others' choices about childbearing: whether or not to work, whether or not to seek fertility help, whether or not to have children at all. Work and you're neglectful; stay at home and you're "Stepford." It goes on.

"I am always shocked at the level of invective hurled in response to women's very personal decisions," says Liza Mundy, author of *Everything Conceivable: How Assisted Reproduction Is Changing Men, Women, and the World*. Mundy says her article in *The Washington Post Magazine* about low-income families using infertility treatments prompted a chorus of letters asking, essentially, "Don't poor women breed enough?" *Glamour*'s mailbox, too, has been flooded with commentaries about women we've profiled who've chosen motherhood through in vitro fertilization, surrogacy or international adoption.

Isn't it time we give other women a break?

We don't have to agree with everyone's choices, but we don't have to attack them, either. Men don't grouse about how they become fathers; they high-five and move on. We should take a page from that playbook. Or from our grandmothers': Mind your own beeswax.

We can also try to keep communication positive. Hear a nasty comment? Respond with "Hey, you never know, it might be a harder situation than we realize," suggests Leslie Morgan Steiner, editor of *Mommy Wars*. As women, we now have so many choices our mothers did not. Let's stop beating one another up, and focus on finding our own best paths.

I THE COUNTDOWN I

10 greatest female athletes ever

In honor of the Olympics, sports legends and experts picked their fave sporty females. By Jessica Seigel

1 **Gymnast Nadia Comaneci** In 1976 the teen scored the sport's first perfect 10.

2 **Tennis pro Billie Jean King** She ruled Wimbledon for 23 years and beat Bobby Riggs big-time.

3 **Soccer's Mia Hamm** She twice helped the U.S. Olympic team win gold, in 1996 and 2004.

4 **Swimmer Gertrude Ederle** In 1926 she swam the English Channel faster than a man ever had.

5 **High-flyer Marie Marvingt** The "fiancée of danger" was a noted cyclist, boxer and skier.

6 **Dog musher Susan Butcher** Butcher inspired the saying "Alaska: where men are men and women win the Iditarod."

7 **Figure skater Sonja Henie** The skater revolutionized the sport in the late 1920s by adding jump spins.

8 **Sharpshooter Annie Oakley** She once hit a cigarette at 30 paces while it was in the mouth of Germany's Crown Prince William.

9 **Basketball's Teresa Edwards** She is her sport's first four-time Olympian.

10 **Chariot racer Kyniska** Her brother caused a stir by entering her in an Olympic chariot race in 392 B.C.—and she won.

Expert panelists: USA Today sports columnist Christine Brennan; figure skater Michelle Kwan; gymnast Mary Lou Retton; Marjorie A. Snyder, Ph.D., chief program officer, Women's Sports Foundation.

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THE FRAGRANCE FOR WOMEN

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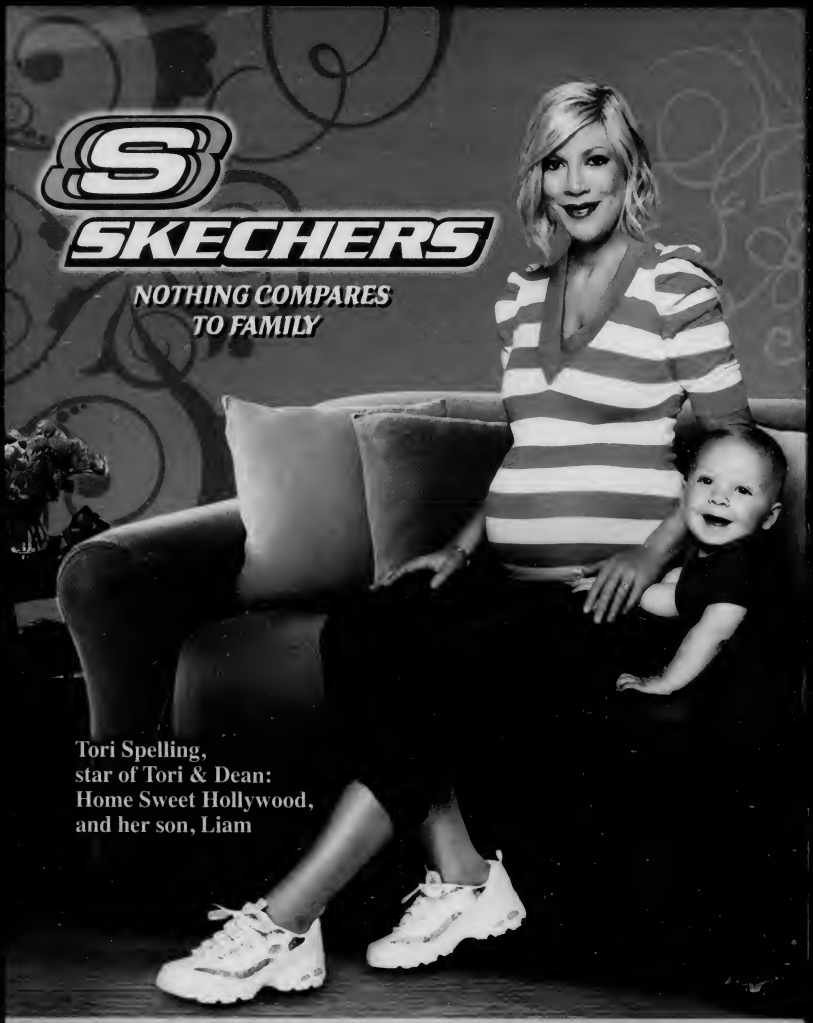

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Abuse survivor Sasheen Thin Elk, right, with Mariane in Lake Andes, South Dakota

The land where rapists walk free

Why are men who rape Native American women getting away with it? Mariane Pearl finds out—and meets the hero who's helping victims heal. Photographs by Norman Jean Roy

THE FORT RANDALL CASINO AND HOTEL, NEAR THE TOWN OF LAKE ANDES, South Dakota, stands like a mirage amid nothing but miles and miles of fields. Only the occasional antiabortion sign or wild turkey crossing the road breaks the monotony of the vast landscape. As I settle into my hotel room, I hear a woman panting loudly next door. A man's voice comes through the paper-thin wall: "Bitch," he says. Then the TV goes on.

Owned and operated by the Yankton Sioux tribe, the casino is open 24 hours a day and is the main employer for the 6,000 Native Americans who live on the Yankton Sioux reservation, partially located in Charles Mix County. Still, poverty is rampant: Unemployment among South Dakota tribes averages 70 percent. In the streets, I see no children playing, no elders rocking on their porches, no bookstore or flower shop, and just one tiny grocery store. You can always find a drink, though—sadly, alcohol abuse is a widespread scourge.

But I've come here to report on another tragedy that gets far too little attention: According to U.S. Justice Department figures, more than one in three Native women will be raped in her

SOUTH DAKOTA

For the past two years, author Mariane Pearl has traveled the world for *Glamour*, reporting on remarkable women. She begins a sabbatical from her column this month.

Go to **glamour.com/globaldiary** to see more of Mariane's stories.

lifetime, and they are two and a half times more likely to be sexually assaulted or raped than non-Native women. And these estimates are widely assumed to be low because so many rapes go unreported. "We found anecdotally that the rates could be much, much higher," says Trine Christensen, a senior researcher with Amnesty International, which published a groundbreaking report on Native women and sexual violence last year. As Charon Asetoyer, an activist on the Yankton Sioux reservation, puts it, "The bottom line is that it's open season on Native women. Nearly every woman on the reservation has been affected."

Because of underfunded health services, inadequate law enforcement response and jurisdictional confusion between tribal and U.S. courts, few of these rapes are even investigated, much less prosecuted. No data exists on how many cases go to trial, but Amnesty International and other activists agree: Perpetrators are walking free. "This place is heaven for serial rapists," Charon says. "Our daughters' lives are being taken from us."

Charon, 57, has dedicated her life to fighting brutality against Native women. A Comanche, she founded the Native American Women's Health Education Resource Center on the Yankton Sioux Nation's land—the first of its kind on any reservation when she started it in 1985. Charon's center is the first place women contact after being attacked, if they seek help at all. "When a victim calls, we'll either meet her at the emergency room, or take her there ourselves," Charon says. Her center connects victims with attorneys, acts as an advocate with doctors and law enforcement agencies, and may provide victims with shelter, counseling and child care.

These days, Charon is also traveling the country as an advocate for Native women, speaking to conferences and government officials, including the United Nations. Charon has a soft face and a soothing voice, but she's also got the iron will needed to break the silence about abuse and injustice: "Our human rights are violated every day," she says, "and there is very little being done to protect us."

Born to a Comanche mother and a Caucasian father, Charon grew up in Santa Clara, California. Herself the victim of an unreported rape as a teen, Charon only recently began disclosing her assault to family and friends. Talking to Charon about her past helps me realize how loud silence can be. Being raped and not talking about it leaves a double wound, one so many victims carry with them. Sharing that history of unspoken abuse helps Charon understand what many other sexual assault survivors go through.

After the end of a difficult marriage, Charon moved to South Dakota in 1979 to go to college, eventually becoming the first Native to hold a master's degree in international administration. Then she met her second husband, Clarence Rockboy, a Yankton Sioux tribe elder who was her partner and best ally before he passed away two years ago. "He was a traditional man *and* a feminist," she says. From her Native mother, Charon has retained two relationship lessons: Learn to shoot a gun, and never marry a man you love. "You want to marry a man you respect; then love is guaranteed. It took *(continued on page 193)*

"Nearly every woman on the reservation has been affected.... This place is heaven for serial rapists."

Clockwise from upper left: Georgia Holiday, a staff advocate at Charon's center; Mariane at the cemetery where Charon's husband is buried; Charon outside her woodshed; and talking to Mariane in Charon's kitchen.

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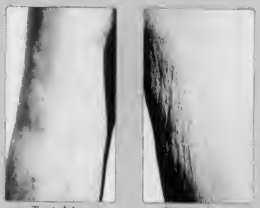

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MY09 model shown, available August 2008. Always wear your seat belt, and please don't drink and drive. © 2008 Nissan North America, Inc.

3 WAYS TO LOOK EXTRA SEXY IN YOUR JEANS

1 Remember it's their job to fit you, not yours to fit into them. Buy what looks best on your body—size be damned. (See page 59 for flattery tips.)

2 Ditch the T-shirt and sneaks (just this once) and dress them up to wear to work, out for cocktails, to the ballet—really, anywhere!

3 Take a day off from jeans—but not from denim! To see how to wear anything indigo so many other ways, turn the page....

Shirt, jeans, Levi's; necklaces, James Colarusso. See Go Shopping for more information.

ROBERT MAXWELL; EDITOR: MAGGIE MANN; HAIR: MICK FOR BUMBLE AND BUMBLE SALON AT JUDY CASEY INC.; MAKEUP: MELANIE INGLESSIS FOR KATYMARKER.COM; SET DESIGN: DONNA FRANCIS AT BRYAN BANTRY; PRODUCTION: HOLLY LI AT LI PRODUCTIONS

GLAMOUR

hello, hello!

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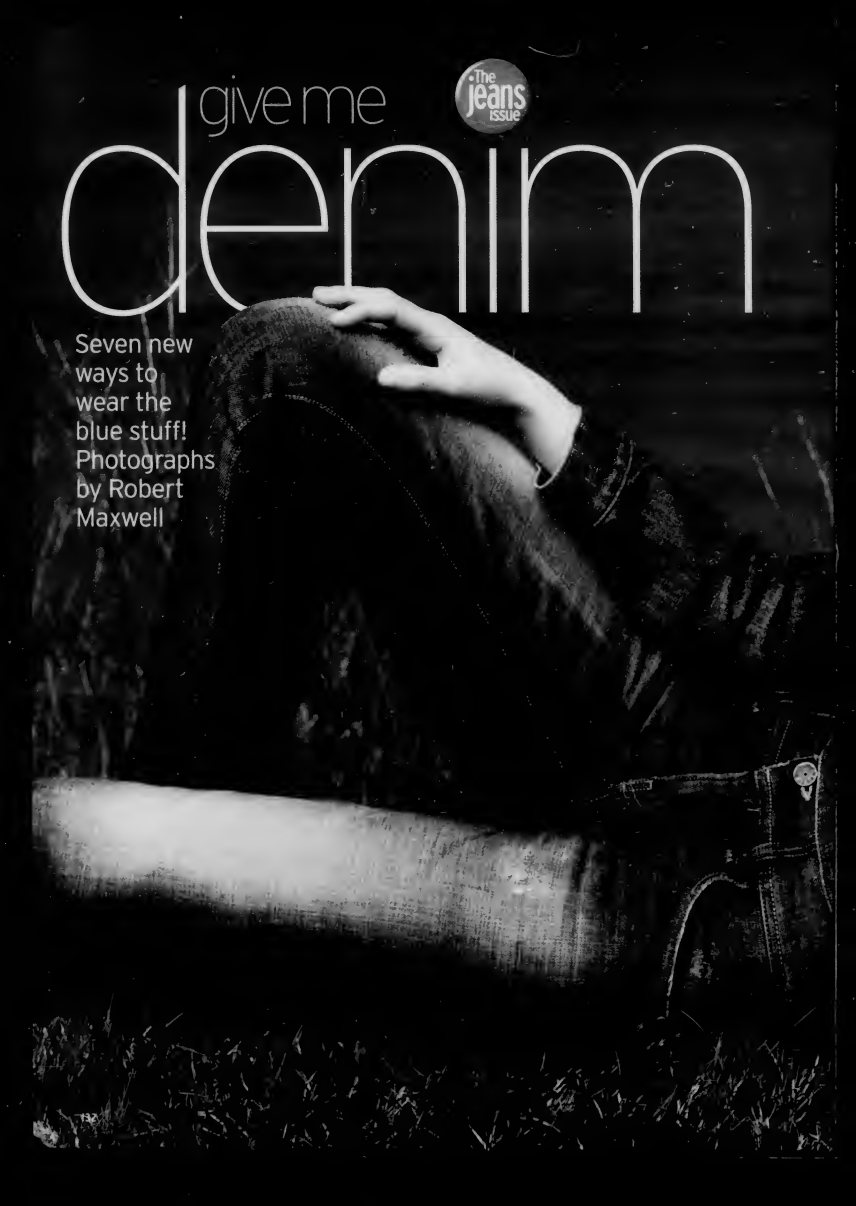

give me denim

The jeans issue

Seven new ways to wear the blue stuff! Photographs by Robert Maxwell

A DENIM JACKET

What makes the newest styles special: a close fit and a dark wash. If you're going all-denim, pair with lighter jeans. Jacket, A.P.C.; jeans, Diesel; choker, Yves Saint Laurent; ring, James Colarusso. See Go Shopping for more information.

CUFFED CUTOFFS

Jean shorts are the anti–**Daisy Dukes when they're** longer and worn with sexy black pieces (boots if you're daring). Shorts, **Alexander Wang**; jacket, Dsquared2; top, Tom Scott; necklaces, R Jewellery; rings, James Colarusso; leg warmers, Hue; boots, Camilla Skovgaard. See Go Shopping for more information.

HIGHER-WAISTED STYLES

Balance the bell-bottom leg with a fitted knit on top. Pants, 3.1 Phillip Lim; turtleneck, Lacoste; fedora, Bailey; shoes, Christian Louboutin. See Go Shopping for more information.

THE NEW JEANS VEST...

It's a classic with a white button-down and some feminine jewelry peeking out underneath. Vest, jeans, 7 for All Mankind; shirt, Steven Alan; necklaces, Sally Sohn; bracelet, James Colarusso. To get her sexy eyes, try Rimmel London Exaggerate Full Colour Eye Definer in Noir, $5.50, at drugstores. See Go Shopping for more information.

...AND SKIRT

Forget your college miniskirts. Denim ones now come in more sophisticated lengths. Skirt, Lauren Jeans Co. by Ralph Lauren; top, The Row; cuff, Yves Saint Laurent; belt, shoes, Gucci; socks, Hue. See Go Shopping for more information.

SUPER-DARK WASHES

The midnight blue color can work at the office with a jacket or dressed down with a printed tee, as here. Jeans, Acne; T-shirt, Dolce & Gabbana; cuff, Yves Saint Laurent; boots, Christian Louboutin. See Go Shopping for more information.

SLOUCHY-FIT JEANS

Chic up baggy-cut pants by tucking 'em into a pair of flirty boots and adding a pretty scarf. Jeans, Current/Elliot; hoodie, American Apparel; scarf, Alexander McQueen; belt, Linea Pelle Collection; boots, Gucci. See Go Shopping for more information.

Go to glamour.com/fashion for the five denim items every woman should own.

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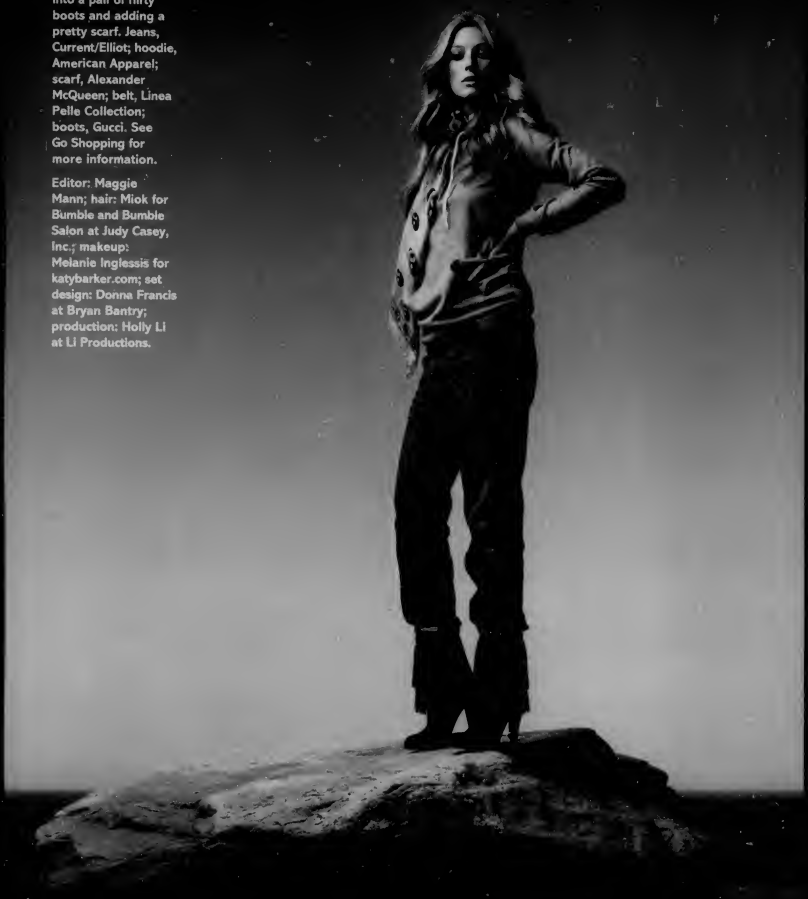
Editor: Maggie Mann; hair: Miok for Bumble and Bumble Salon at Judy Casey, Inc.; makeup: Melanie Inglessis for katybarker.com; set design: Donna Francis at Bryan Bantry; production: Holly Li at Li Productions.



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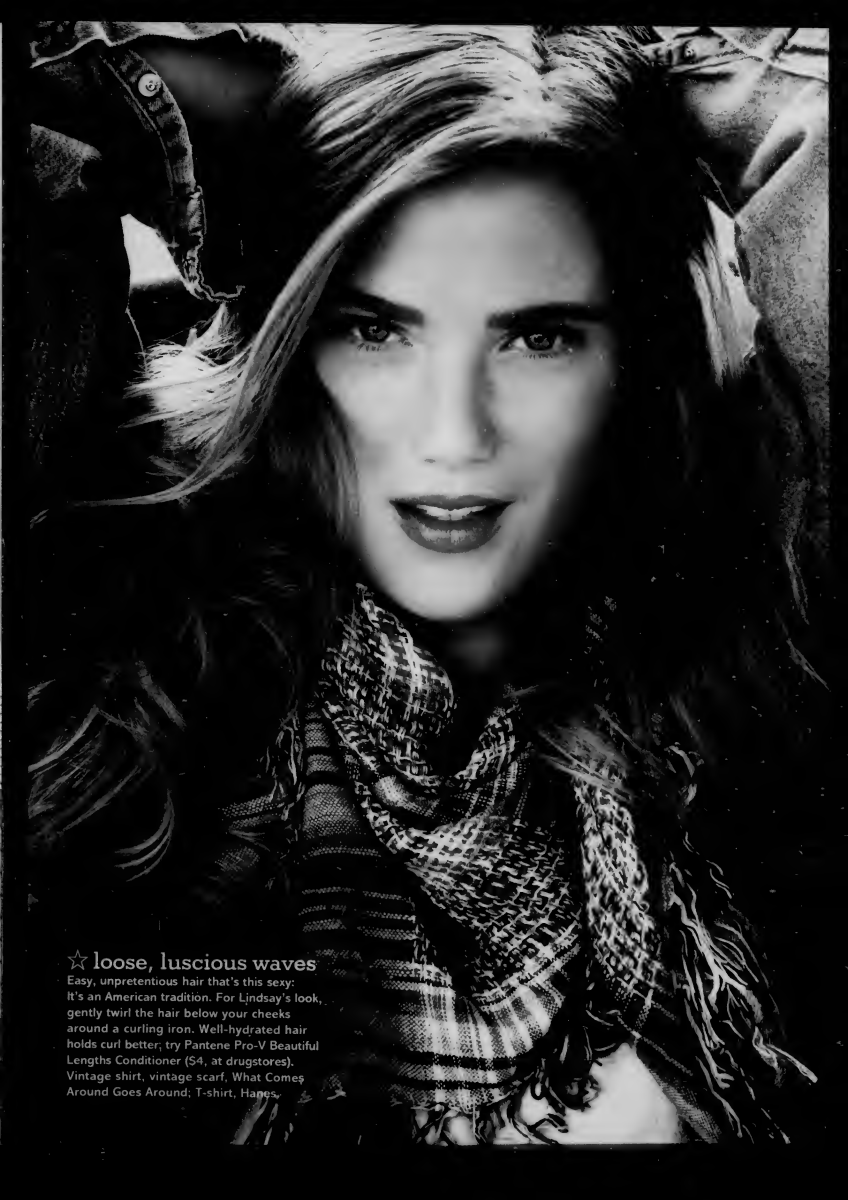
By Petra Guglielmetti Photographs by Robert Erdmann



☆ loose, luscious waves

Easy, unpretentious hair that's this sexy: It's an American tradition. For Lindsay's look, gently twirl the hair below your cheeks around a curling iron. Well-hydrated hair holds curl better; try Pantene Pro-V Beautiful Lengths Conditioner ($4, at drugstores). Vintage shirt, vintage scarf, What Comes Around Goes Around; T-shirt, Hanes.

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☆ naturally beautiful skin

Free yours from splotches and add some day-in-the-park color with this quick tip: Mix a dime's worth of tinted moisturizer with a quarter-size dab of one of the new super-lightweight foundations (try Neutrogena Healthy Skin Glow Sheers SPF 30, $13, at drugstores), then smooth on, says NYC makeup pro Susan Giordano. From left: cardigan, 3.1 Phillip Lim; camisole, Petit Bateau; leggings, Eres; bracelet at left, Dogeared Jewels & Gifts. Sweaterdress, Trovata; leggings, Eres.

☆ sexy (but not makeup-y) eyes

Mia looks like she wakes up this perfect. Her simple, subtle tricks: Blend pearly light-brown shadow (try Clinique Quick Eyes Cream Shadow in Lucky Penny, $15, clinique.com) from your lash line to past the crease, then smudge some beneath your lower lashes with a liner brush. Finish with mascara just on top lashes and blackberry lip gloss. Turtleneck, Gant; blouse, Splendid.

runaway ringlets

If you've got 'em, it's practically your civic duty to show 'em off. To keep curls as defined as Bre's, slick on leave-in conditioner when they're wet, air-dry and work in light styling cream if you need more control (try Bumble and Bumble Curl Conscious Creme, $26, bumbleandbumble.com for salon locations). Extra credit: a bandana hair band. Cardigan, Hugo; blouse, See by Chloe; scarf, Collection 18.

Editor: Maggie Mann; hair: John Ruidant for Cutler/Redken Salon; makeup: Susan Giordano at Kramer + Kramer; manicure: Elena at The Salon at Amagansett; prop stylist: Donna Francis at Bryan Bantry; production: Holly Li at Li Productions.

☆ strong brows

These full lines are so stunning, you'll pledge never to overpluck again! The classic eye-opening move: Use a brow comb to coax hairs upward and out. If yours are sparse, fill in the gaps using a soft, exact-match brow pencil; try CoverGirl Brow & Eyemakers in Midnight Brown or Soft Blonde ($3 each, at drugstores). From left: cardigan, Petit Bateau; dress, Boss Orange; hat, Loro Piana. Dress, Mavi, T-shirts, Petit Bateau; hat, Loro Piana. See Go Shopping for more information.

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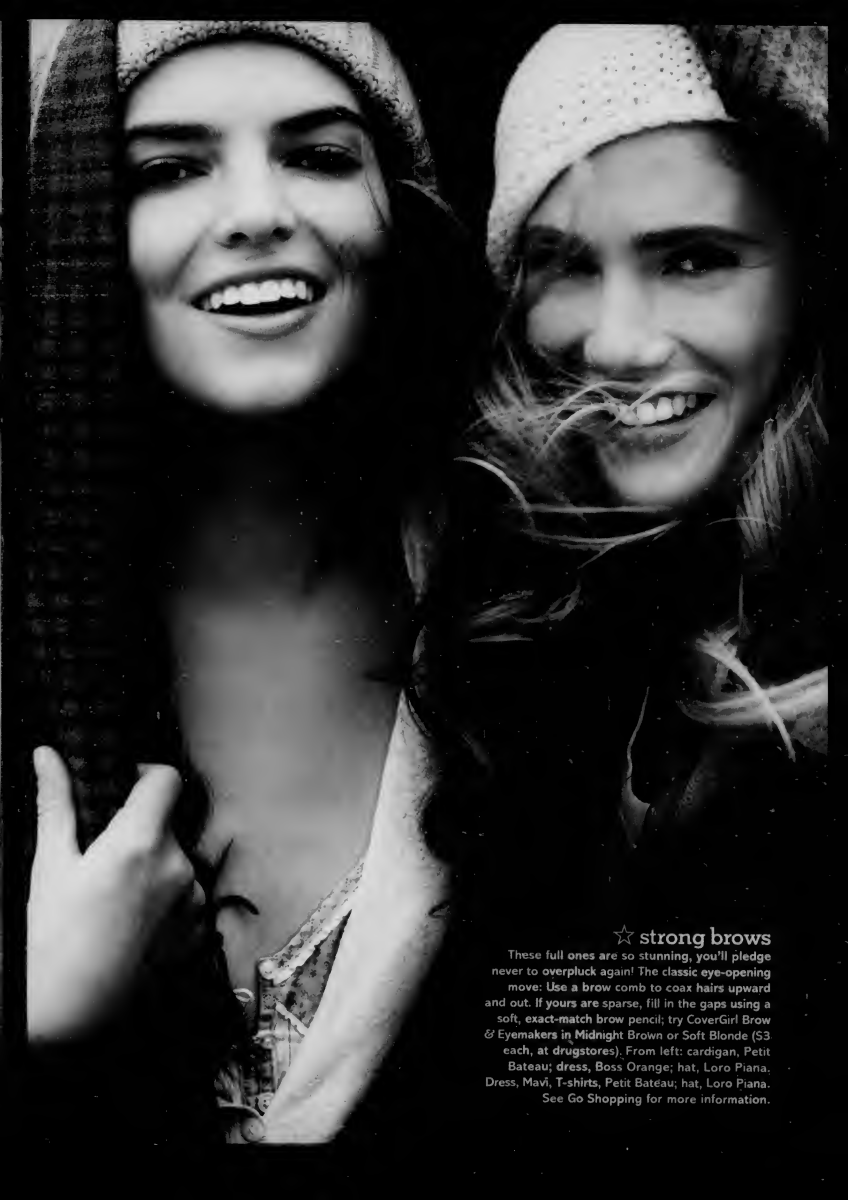

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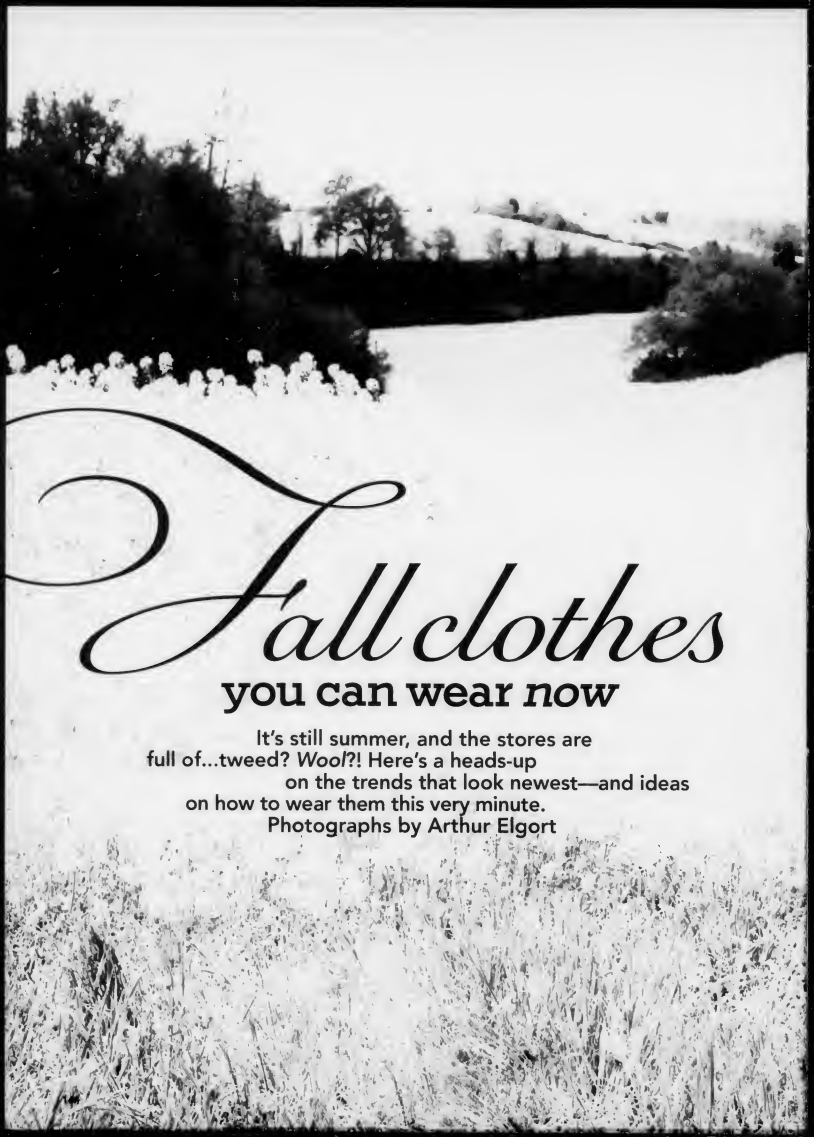


Fall clothes

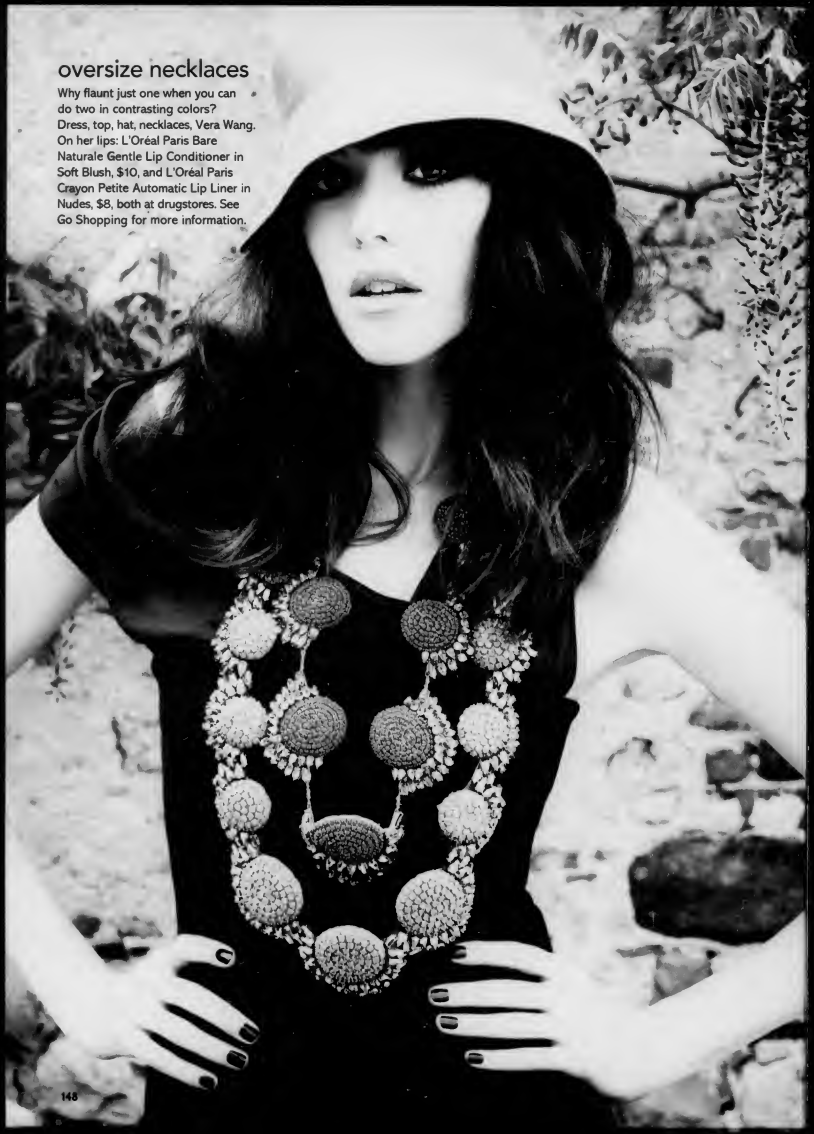
you can wear *now*

It's still summer, and the stores are full of...tweed? *Wool*?! Here's a heads-up on the trends that look newest—and ideas on how to wear them this very minute.

Photographs by Arthur Elgort

a lightweight coat

The newest touches: sweet ruffles and blowsy sleeves. Wear it with a dress now and your knits later. Coat, dress, hat, scarf, necklace, Burberry Prorsum; tights, Calvin Klein; boots, Hunter. See Go Shopping for more information.



oversize necklaces

Why flaunt just one when you can do two in contrasting colors? Dress, top, hat, necklaces, Vera Wang. On her lips: L'Oréal Paris Bare Naturale Gentle Lip Conditioner in Soft Blush, $10, and L'Oréal Paris Crayon Petite Automatic Lip Liner in Nudes, $8, both at drugstores. See Go Shopping for more information.

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a western-style shirt with sizzle

Replace your tank with a fitted plaid top; it's chicest with dark denim and girly accessories. Shirt, jeans, scarf, belt, shoes, Dolce & Gabbana; socks, Hue. See Go Shopping for more information.

color on shoes

[illegible] tool [illegible], tights, shoes, Proenza Schouler; umbrella, Jean Paul Gaultier. On her lips: Maybelline New York Superstay Lipcolor in Flame, $10, at drugstores. See Go Shopping for more information.

a ladylike suit

Look for a style with fifties touches, like a defined waist and three-quarter sleeves. Wear the skirt now with a blouse; the jacket later. Jacket, skirt, Dior; gloves, Carolina Amato; vintage bracelets at left, from top: Coro, House of Lavande; vintage bracelets at right, from top: Sandor, House of Lavande; bag, Dolce & Gabbana; tights, MeMoi; shoes, Zoraide. See Go Shopping for more information.

color on shoes

Cute! And when temperatures drop, add bright tights too! Dress, tights, shoes, Proenza Schouler; umbrella, Jean Paul Gaultier. On her lips: Maybelline New York Superstay Lipcolor in Flame, $10, at drugstores. See Go Shopping for more information.

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anything in black lace

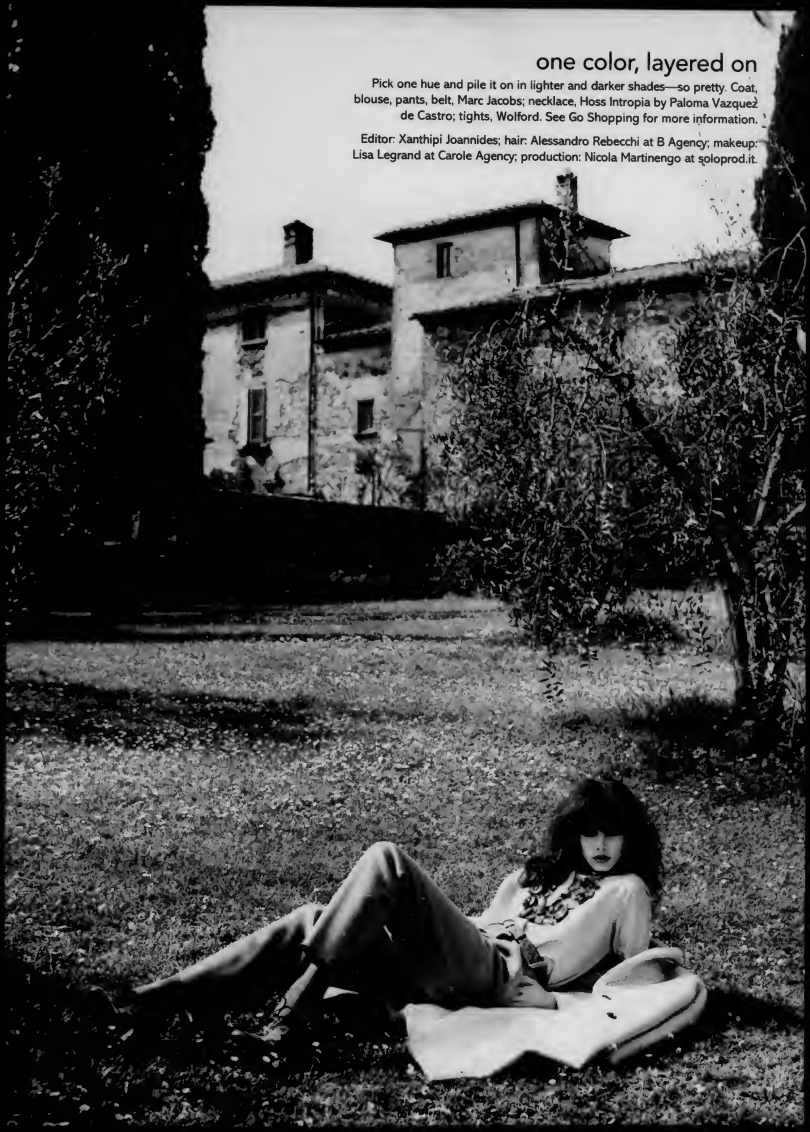
In a word: sexy. This works *any* season, but this fall, trust us—it'll be *everywhere*. Dress, belt, Prada; shoes, Zoraide. See Go Shopping for more information.

a bubble-shape piece

The pouf skirt hides flaws and makes your waist look tiny (don't forget the belt). Dress, Yves Saint Laurent; belt, Chloé; tights, Hue. See Go Shopping for more information.

a satiny blouse

It's not mumsy if you choose an unexpected color. In cooler months, wear it under a new, bolder-hued jacket. Jacket, blouse, pants, scarf, Nina Ricci. See Go Shopping for more information.



one color, layered on

Pick one hue and pile it on in lighter and darker shades—so pretty. Coat, blouse, pants, belt, Marc Jacobs; necklace, Hoss Intropia by Paloma Vazquez de Castro; tights, Wolford. See Go Shopping for more information.

Editor: Xanthipi Joannides; hair: Alessandro Rebecchi at B Agency; makeup: Lisa Legrand at Carole Agency; production: Nicola Martinengo at soloprod.it.

MEET THE OLYMPIC SUPERSTARS WE'LL ALL BE OBSESSED WITH THIS MONTH. BEAUTIFUL, POWERFUL, DETERMINED, THEY ARE, QUITE SIMPLY,

THE 11 GREATEST BODIES ON EARTH

"Our trophy room is kinda overflowing. It's a good problem to have!"
—VENUS WILLIAMS

By Shaun Dreisbach

Photographs by Christopher Griffith

‹ Venus Williams, 28
Venus Williams made history when she won her fourth Wimbledon last July: She became the first woman in the 123-year-old event to earn the same prize money as the guys. (The year before, the pay gap was nearly $60,000.) Williams, who had been seeded twenty-third in the tournament, was thrilled. "It wasn't about the money," she says. "It was just about being treated as equals." Heading into Beijing, she's playing as strong as ever—last year she set a new record with a 128.8 mph serve. "I'm glad I never had to play Venus," tennis legend Martina Navratilova once said. "She's just too long, too fast." *Dress, Blumarine; earrings, EleVen.*

Serena Williams, 26 ›
She's won eight Grand Slam titles and an Olympic gold, but Serena Williams believes she hasn't "accomplished all that much" in tennis. "I feel like I'm just getting started," she says. After an injury forced her to pull out of the Athens Olympics, she publicly vowed not to miss the 2008 games. But by 2006 her ranking had plummeted due to injuries. Still, Williams never gave up. Now she's ranked fifth and headed to Beijing. "What defines a person's character is not how you are when you're on top. It's how you are when you're on the bottom and working your way back," she says. Besides, she adds, "I love proving people wrong." *Dress, Gucci.*

"I feel like I'm just getting started."
—SERENA WILLIAMS

VENUS WILLIAMS: HAIR: LILLIE FREERSON. MAKEUP: STACY GIBSON. SERENA WILLIAMS: HAIR: MITCHWILLIAMS.COM. MAKEUP: MAUTAL SABBAN FOR MS-MANAGEMENT.COM

PLATFORM DIVING

Laura Wilkinson, 30
When Laura Wilkinson launches off the three-story diving tower, it takes just two seconds for her to reach the water. In that blink of an eye, she will do three and a half somersaults in a pike position before opening up and hitting the water at the speed of 35 mph. The dive has never been executed by a woman at the Olympics, but Wilkinson plans on completing it perfectly in Beijing. It's a small way to thumb her nose at her critics. A 2000 gold medalist, she was struggling in 2003 (a reporter even asked, "Exactly how does it feel to be a has-been?") and then finished fifth at the 2004 games. Now she's doing some of the most difficult dives in her field. "Something inside me said, 'I can do better,'" she says. "I felt like I hadn't reached my potential yet."
Dress, Pilar Rossi.

"There's a fear factor, sure, but when a dive is over, I think, Wow! What did I just do? That's so cool!"
—LAURA WILKINSON

"I want to make history."
—NASTIA LIUKIN

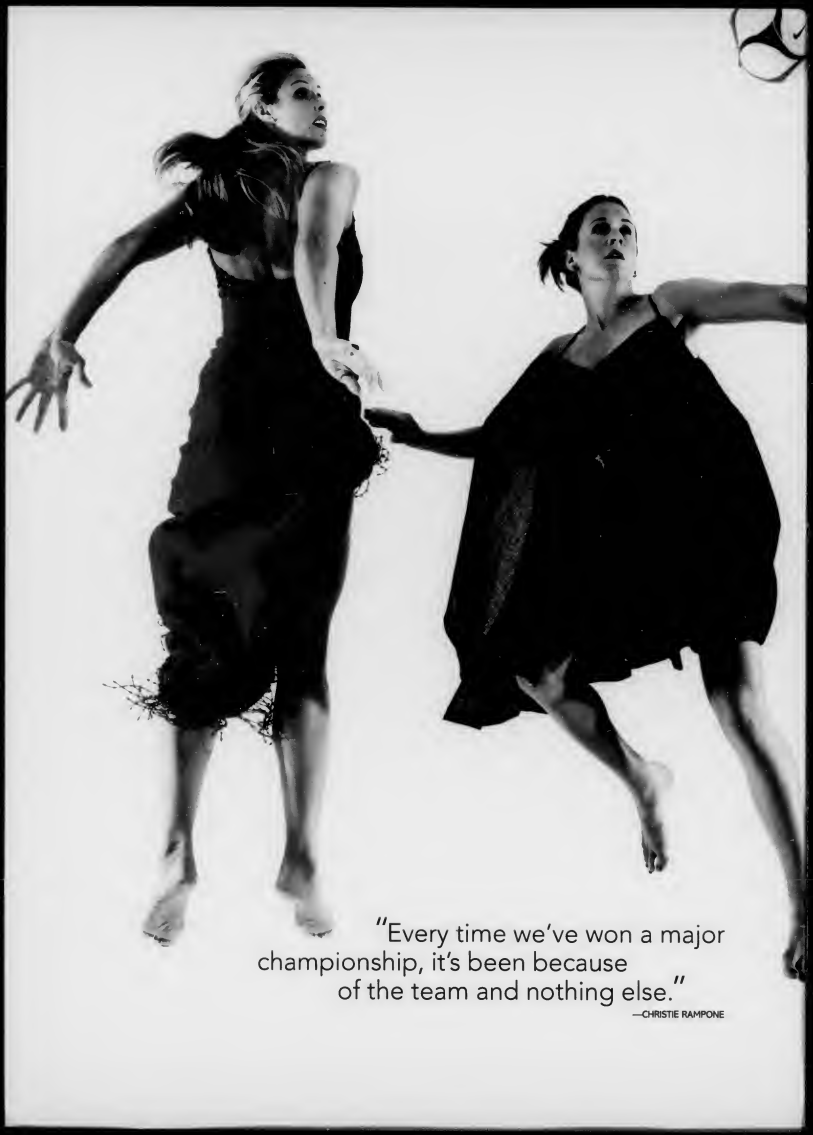
WILKINSON: HAIR AND MAKEUP. CAROL WAGENER OF PAGE PARKES. LUKIN: HAIR. SARA DOWLFOW DAWSON AGENCY. MAKEUP: LB ROSSER/KIM DAWSON AGENCY

GYMNASTICS

Nastia Liukin, 18
Nastia Liukin was four years old when her parents—a world champion rhythmic gymnast and an Olympic gold medalist from Russia—opened a gymnastics facility in Plano, Texas. They couldn't afford a nanny, so little Nastia went to the gym with them each day. She'd copy the other gymnasts doing round-offs and flips. "Nastia would do them better than the kids I was teaching," says Valeri Liukin, her father and coach.

Most parents would be thrilled to discover such talent. Not Liukin's. "Gymnastics is very hard mentally and physically," says Valeri. "I definitely didn't want my daughter living that life." But eventually—"after a lot of begging and pleading," says Nastia—she won them over. Liukin's focus has resulted in a long list of wins, and she's widely considered to be the best in the world on the uneven bars and balance beam. "Nastia has her game face on every day," says 2004 gold medalist Carly Patterson, her good friend. Her concentration also makes her incredibly consistent. "Nastia's technical execution is close to perfection," says Martha Karolyi, national team coordinator for the U.S. women's national team.

Liukin is ready to win in Beijing, and can't wait to share the Olympics with her family. "It will be exactly 20 years since my dad went to the Olympics," says Liukin. "To be back with his athlete—not to mention his daughter—will be really special for both of us." *Dress, Miu Miu.*



"Every time we've won a major championship, it's been because of the team and nothing else."

—CHRISTIE RAMPONE

MAIR: AARON LIGHT FOR CELESTINETALENT.COM; MAKEUP: ANNIE ING FOR CELESTINETALENT.COM

SOCCER TEAM

Leslie Osborne, 25; **Heather O'Reilly,** 23; **Christie Rampone,** 33; **Abby Wambach,** 28

The U.S. women's soccer team is a talented bunch: At press time Abby Wambach had scored 95 goals in 119 games—the highest average in U.S. history; Christie Rampone is a two-time Olympian; Leslie Osborne and Heather O'Reilly are two of the team's brightest up-and-comers. But the skill of a few individuals isn't the reason they're favored in Beijing. "Every time we've won a championship, it's been because of the team and nothing else," says Rampone, the team captain. Adds O'Reilly: "It's that day in, day out camaraderie we have." Their cohesiveness translates to the game—their communication on the field, their die-hard motivation to play their best. Says Osborne, who got injured just as this story went to press: "We put our lives together to go win gold. We're family." *From left: Dress, Dior; dress, Rue du Mail by Martine Sitbon; dress, Valentino; trouser suit, Preen by Thornton Bregazzi.*

Dara Torres, 41

When Dara Torres hops into the pool at her Coral Springs, Florida, training facility, goose bumps break out over her broad shoulders. "Michael—the pool is *freezing!*" Torres yells teasingly to her coach.

"Look around, D," he fires back, glancing at the 34 other swimmers in the pool. "*You're* the only one who's cold."

"Maybe my skin's just thin from being old," she laughs, and starts swimming.

Torres, as you may have heard, is 41. She's practicing with—and competing against—swimmers half her age. But in the water, you can't spot the small, sun-weathered lines on her face. All you see are lean, toned muscles powering her through the pool. Even at an everyday practice like this one, Torres' coach, Michael Lohberg, can't hide his amazement. "I have her racing with the boys, because the girls—they can't touch her," he says. "She trashes the field."

This is Torres' second comeback. She returned to the 2000 Sydney Games after a seven-year hiatus and won two gold and three bronze medals. Then she hung up her goggles again, even though her coach at the time said, "'It's too bad you're retiring, because I don't think you've reached your peak yet,'" recalls Torres. "At that point, I was like, *Get me out of here!*"

But by 2006 the burnout had faded. Torres joined a masters team to stay in shape while she was pregnant. She planned to just paddle around, she says, "but all these middle-aged guys wanted to race me. And even though I had this big belly, I couldn't chill and let them win."

Three and a half months after her daughter, Tessa, was born, Torres competed in the 50-meter freestyle at the Masters World Championships. She hadn't really trained for it, but she qualified for the Olympic trials. "Everyone kept saying how great it would be to have a 40-year-old swimmer there. That's what lit a fire under me to get back into it," she says. "All I needed was a little motivation—a little push."

> "You can't put an age on your dreams."
> —DARA TORRES

So Torres began training in earnest. But because her body can't recover as well as it used to, her workouts are, by necessity, much shorter than they once were. While many swimmers (including U.S. teammates Natalie Coughlin and Katie Hoff) often put in morning and afternoon pool sessions, Torres sticks to one; she also spends less time strength training. Yet she won the 100-meter freestyle at the U.S. nationals last August and set a new American record in the 50-meter free. She's now the top U.S. contender in the race.

How can a woman this age, who trains less than she ever has, swim *faster* than ever? Some speculated she was on drugs; eager to put the rumors to rest, Torres went to the U.S. Anti-Doping Agency and asked officials to give her frequent, random blood and urine tests (she's passed them all). "I wanted to take every proactive measure I could to prove that I am clean," she says. "I want Tessa to be proud of what I've done—and how I've done it."

When Lohberg explains her success, it seems to make, oddly, perfect sense. First there's Torres' insatiable drive. It's also possible that Torres is hardwired to go fast. "Speed is something that you either have or you don't. You're born with a certain amount of fast- and slow-twitch muscle. And Dara has a very high percentage of fast-twitch," says Lohberg. After so many years of training, he says, "all you have to do is sort of reactivate it and fine-tune it."

Torres says she didn't embark on this journey for gold—or silver or bronze. "For me, it's about trying something that no one my age has done before, and to hopefully open doors for other athletes who may have closed them because they felt they were too old. You can't put an age on your dreams." *Dress, Louis Vuitton.*

HAIR: COLLEEN STONE FOR BLINK MANAGEMENT. MAKEUP: ROBERT ROLANDS FOR BLINK MANAGEMENT. PROP STYLIST: DAHLIA FIFFE FOR BLINK MANAGEMENT

Allyson Felix, 22
Allyson Felix can run 200 meters in 21.81 seconds—that's about 20 mph. Though she's a two-time world champion at that distance and is widely considered the favorite to win gold in the event, insiders' real hope for her is that she will help redeem track and field. The sport stumbled badly after the Marion Jones steroid scandal and subsequent reports of rampant cheating. Felix is "best positioned to save track," *Sports Illustrated* said when it nominated her for its Sportsman of the Year award in 2007, and she has no problem with these high expectations. "We can't get so wrapped up in winning that it becomes the only thing we're about," Felix says. "I want to give younger people someone to look up to."

Dresses, Lanvin.
Fashion editor: Felicia Jocus.
See Go Shopping for more information.

Sanya Richards, 23
When Sanya Richards was nine years old, she wrote in a school essay, "I am going to be an Olympic champion." Today she's the fastest 400-meter woman in U.S. history and close to reaching her goal. The journey hasn't been without roadblocks. In 2007 she was diagnosed with Behçet's disease—a rare but treatable autoimmune disorder. In pain for most of that year, she still managed to win most of her 400-meter races. Now back in good health, Richards is ready to make good on her school essay pledge. "There's a quote that I've been trying to live by: 'We're powerful beyond measure.' I do believe that, and if I keep pushing myself, I can get that world record and leave the Olympics with gold."

"I want to give younger people someone to look up to."
—ALLYSON FELIX

"The quote I try to live by: 'We're powerful beyond measure.'"

—SANYA RICHARDS

FELIX HAIR: CHRISTIAN MARK FOR CELESTINE AGENCY.COM. MAKEUP: ANNIE BIG FOR CELESTINE AGENCY.COM. SET DESIGN: MARY HOWARD STUDIO. RICHARDS: HAIR: SHAIN RICHARDS. MAKEUP: LUCY SANTAMASSINO. PROP STYLIST: BONNIE MARIEL

why Ba

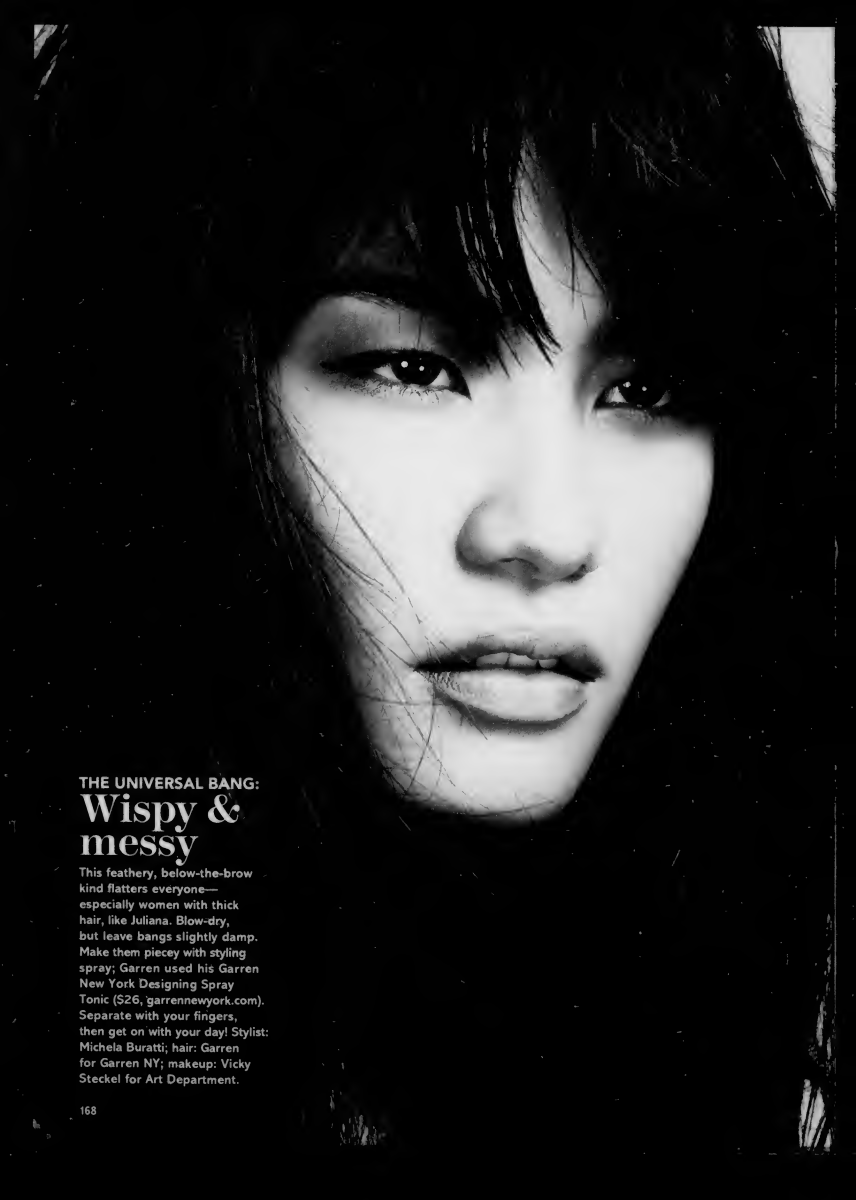
WITH THE SNIP HEARD ROUND THE WORLD, KATIE HOLMES BECAME A STYLE ICON—*THAT'S* HOW TRANSFORMATIVE BANGS CAN BE. WE'LL TELL YOU HOW TO GET THEM RIGHT (EVEN IF YOU'RE DOING THEM YOURSELF). BY BAZE MPINJA PHOTOGRAPHS BY RENNIO MAIFREDI

you should try ngs

THE CLASSIC BANG:

Blunt & sleek

This fringe is great for fine hair, says Garren, the legendary NYC pro who styled our models: "A blunt cut gives the illusion of thickness." For a polished look like Karolina's (a recent bangs convert), apply a shiner-upper like L'Oréal Paris Studio Line Smoothness Cream ($5, at drugstores) before blow-drying.



THE UNIVERSAL BANG:

Wispy & messy

This feathery, below-the-brow kind flatters everyone—especially women with thick hair, like Juliana. Blow-dry, but leave bangs slightly damp. Make them piecey with styling spray; Garren used his Garren New York Designing Spray Tonic ($26, garrennewyork.com). Separate with your fingers, then get on with your day! Stylist: Michela Buratti; hair: Garren for Garren NY; makeup: Vicky Steckel for Art Department.

5 great reasons to make the cut

Yes, bangs are a big celeb trend—and when those creatures of a bazillion hairstyles stick with one look, you know they're onto something! The lures:

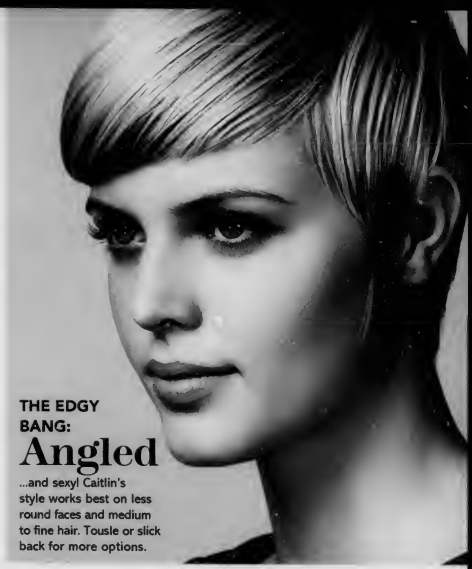
1. Bangs can do just as much for you as makeup. They make your eyes seem sexier, your face more angular and your entire being chicer.

2. They let you change up your look without sacrificing all your length. Just lop off the front of your hair and poof—you're transformed!

3. They're easy on your mornings. Bangs give you a defined style, so you don't have to work as hard on getting one. Just trim them every four to six weeks (unless you *like* that Pete Wentz impaired-vision thing). Many stylists do it free for regular clients.

4. They're versatile. Pull them off your face with a simple pin for day and a sparkly one for night.

5. They're even doable for commitment-phobes. The new snap-in faux bangs seem totally real. Good kinds: Sultry Hair Clip In Bangs ($50, sultryhair.com) and Warren-Tricomi How Do I Look In Bangs? Hair Piece ($250, warrentricomi.com).



THE EDGY BANG:

Angled

...and sexy! Caitlin's style works best on less round faces and medium to fine hair. Tousle or slick back for more options.

The instant-makeover power of bangs

THEY MAKE EVEN THE SEXIEST WOMAN SEXIER. SEE?

Trim 'em yourself
(without screwing up)

CUTTING BANGS FOR THE FIRST TIME EVER definitely falls into the don't-try-this-at-home category. But after you've had a pro do yours, even stylists agree that it is possible to keep them in shape at home. "Anyone can do it with her own two hands," says Garren. Just follow these disaster-proof steps:

Wash hair and fully dry. "If you cut bangs while they're wet and looking longer, they may well end up shorter than you want," says Garren. Use something small to do the job; try Tweezerman Cuticle Scissors ($12, tweezerman.com) or mini shears from a beauty supply store.

Stand in front of your bathroom mirror. Don't pull your bangs down; the tension will make hair seem longer and you could overtrim. You want to snip freehandedly, which allows you to do just a little at a time (hack off too big of a chunk, and there's no going back).

Start at the center of your bangs. Holding the scissors vertically at a slight angle, cut into them about one eighth of an inch, doing a quick up-and-down motion as you simultaneously move toward one ear. Return to the center, do the other side, and then assess if you want to cut shorter.

Check out more celeb bangs (good *and* bad) at **glamour.com/beauty**.

KLUM BEFORE, MOSS (2) REX USA; KLUM AFTER, EVE (2) LESTER COHEN/WIREIMAGE.COM

Christina
(without all the drama)

She rarely leaves the house. Her nails are blissfully unmanicured. She calls dates with her husband "Mommy and Daddy nights out." Could the sexiest diva in the business have actually become a good girl? You decide.
By Laurie Sandell Photograph by Robert Erdmann

THE LAST TIME I INTERVIEWED CHRISTINA AGUILERA for *Glamour*, it was in October 2006 and she was gearing up for her *Back to Basics* world tour. After I watched her grueling rehearsal, we sat down in her dressing room for a late-night chat. At the time, she was a confessed workaholic with a penchant for severe red lips, towering stilettos and perfectly manicured nails. She rarely met my eyes during the interview—a technique, she told me at the time, that helped her gather her thoughts—and while she was articulate, she seemed to choose her words *very* carefully.

Almost two years later, I meet a very different Christina: The first thing I notice is that she looks me directly in the eyes—a nice improvement. She's relaxed and eager to talk about life with her six-month-old son, Max, and her husband of nearly three years, music exec Jordan Bratman. Her appearance is softer too. She wears her hair in a tousled ponytail and apologizes for her unmanicured nails. But as we talk about her career, it's clear that Aguilera's focus is as razor-sharp as ever: She's been working out 90 minutes a day to get back to her prebaby body, not to mention launching a new perfume called Inspire, promoting a jewelry line with designer Stephen Webster and working on an album that's set for release later this year. (Oh, and the woman's *still* a night owl: We meet at 10 P.M. at a West Hollywood lounge because she wanted to spend a full day with baby Max.) What else is new in this 27-year-old's life? Read on!

With son Max

How she got her body back!

THE WORKOUT: Ninety minutes, five days a week, with her trainer, Tee. That's 40 minutes of cardio on a treadmill or elliptical, 40 minutes of weights in a circuit and 10 minutes of stretching.

THE FOOD: High protein; no sugars or white starches. "Potatoes are a painful thing to let go of!" says Aguilera.

GLAMOUR: You're obviously back into fighting shape, so let's discuss this workout of yours: boxing, running backward on a treadmill while going uphill, crunches, weights, pull-ups—it sounds brutal.

CHRISTINA AGUILERA: [*Laughs.*] I *hate* working out—I have to mentally push myself through it. I can get very whiny, saying things like, "I can't do it!"

GLAMOUR: Does your trainer crack the whip when you get like that?

CA: No—I can't deal with having someone barking at me. Mean training is not motivating to me at all; I like to be comforted [through my workout]. All my trainer has to do is say nicely, "I want you to do 200 bicycles; go right through it and don't stop." Then I'll know she's serious and I'll do it. I started out not being able to do man push-ups; pull-ups were a big one too. Now I can do five in a row.

GLAMOUR: You look great, Christina. How quickly did you notice a change in your body?

CA: Being the perfectionist that I am, my attitude was, this had better hurry up—I want results! My *(continued on page 192)*

REGINE MAHAUX/CONTOUR BY GETTY IMAGES

Go to **glamour.com/news** for Christina's beauty maintenance tricks and workout tips from her trainer.

Christina with another "baby," one of her three dogs (this one's named Stinky). Cardigan, Madewell; crescent necklace, Renee Lewis; other necklaces, ring, Stephen Webster. See Go Shopping for more information.

Editor: Maggie Mann; hair: Peter Savic for soloartists.com; makeup: Kristofer Buckle at The Wall Group; manicure: Leda Nguyenle at Beverly Hills Nail Design.

“Learn how to have fun with proportions; wear a mini about the same length as your long sweater.”

Hooded sweater, $58, cardigan, $44, T-shirt, $24, miniskirt, $45, scarf, $30, tote, $150. All clothing and accessories throughout story, Gap. See Go Shopping for more information.

the new rules of casual chic

Wondering how to make everything you own look instantly, inexplicably new? Just-installed Gap designer Patrick Robinson shares his secrets for mixing, layering and making wardrobe magic!
By Jenny Feldman
Photographs by Daniel Gabbay

"Wear flared pants long with heels to create an illusion of leaner legs and extra height."

Blazer, $98, cardigan, $48, gray T-shirt, $24, pink camisole, $20, jeans, $60, scarf, $30; boots, $138, Pierre Hardy for Gap.

"A chunkier sweater that's still light enough for indoors is one of the key pieces for fall."

Sweater, $48, shirt, $48, pants, $55, hat, $17, clutch, $98. For glossy lips, try Lancôme Maharani Jewels Juicy Tubes in Guava Enchantment, $18, lancome-usa.com.

"I love jeans because when you put them on, at any age, you become sexy," says Patrick Robinson.

This guy's got style advice for you

Designer Patrick Robinson has a major thing for jeans. He went through a phase of wearing a black Henley and black jeans to work every single day—for four years. Now he's into making stuff more interesting with color and layering—both in his own wardrobe and, he hopes, in yours, in his new job as executive VP of design for Gap Adult and GapBody.

Robinson, 41, has a fashion insider's perspective; he's worked everywhere from the French house Paco Rabanne to American brands such as Perry Ellis and Anne Klein. He even recently whipped up a limited-edition collection for Target's GO International line. But he jumped at the Gap opportunity because, he says, "everyone has Gap in their wardrobe." Plus, he credits the San Francisco–based chain with "starting the whole casual Friday thing," which has now become casual Monday *through* Friday. "These days you can wear jeans to dinner, the bar, on your first date," he says. "You can wear them to not just a rock concert, but the opera." Considering doing that? He recommends dark-wash jeans with a low-cut blouse or a crisp shirt, worn a little open, with some great jewelry and a blazer.

At the Gap, Robinson has been reworking all the standards, making little alterations to give each item a designer-y feel. He's also been perfecting the pocket placement on the label's women's jeans. "The pockets should really grab you, so when you turn around in the mirror, it's the first thing you see," he says. And Robinson's wife, Virginia Smith, fashion market and accessories director at *Vogue*, is particularly partial to the label's V-neck tees, now that he lowered the neckline (sexier!) and turned them out in over-dyed, not-your-basic-bright colors.

No matter where you shop, Robinson believes, "You want to build your wardrobe with an arsenal of classic pieces—then layer and mix them up from week to week so you almost never have the same outfit on." He likes creative combos such as doubled-up cardigans ("light on the inside, dark on the outside"), a blazer worn over a denim jacket, two plaids worn together and outfits that play with proportions or textures—hard leather with soft knits, for example.

And when it comes to jeans, Robinson instructs, "you don't want to stick with one leg style; try a few different shapes." The same goes for high-rise and low-rise. "I would suggest having both in your closet," he says. "The real fashion crew is liking the higher rise now, and that's sort of the big trend, but you've got to see what works for you. That goes for low-rise, too. And when I say low, you know, I'm not talking about the low, low, low," he says, laughing. "Most of us only have the body for that until we're about 13 or so, but, hey, enjoy it if you've got it!"

PATRICK ROBINSON'S

DOS OF GREAT JEANS STYLE

"If you're being adventurous and trying a new style of jeans, pair them with something you already feel confident in—whether it's a structured shirt or a tank top."

"With jeans, bring every style and wash into the dressing room. Not everything will work for you, but that's why they have dressing rooms—so you can be in there by yourself!"

"To look '08 and not '80 in your colored denim, modernize it with tops in shades of heathered grays and tans to break up and neutralize the bright color. Keep your accents neutral too."

ON ROBINSON: GAP CARDIGAN, T-SHIRT AND JEANS

"Straight-leg jeans look great with volume on top. And I love belting because that creates a more individual statement."

Cardigan, $68, plaid skirt (worn as a top), camisole, $15, jeans, $88, hat, $17, belt, $30, satchel, $145; boots, $148, Pierre Hardy for Gap.

“Take a classic T-shirt and layer it up—it will feel really cool and really new.”

Cardigan, $68, T-shirt, $24, tank, $15, skirt, $44, scarf, $30, clutch, $98.

Editor: Michela Buratti; hair: Ben Pinon at See Management; makeup: Gianpaolo for Judy Casey, Inc.; grooming (for Robinson): Michael Johnson at artistsbytimothypriano.com; manicure: Elle at artistsbytimothypriano.com.

16 SEXY, SNEAKY ACTS OF SEDUCTION

Granted, getting a guy to "agree" to sex is like getting a Labrador to "agree" to eat a rib eye. But if you're extra bold, creative, even stealthy—like these women were—he'll never forget it (and neither will you).

By Jessica Baumgardner Photographs by Chris Craymer

I have a confession: During my early dating years, I preferred to be The Seduced, not The Seductress. I was chicken. Like many women, I worried that if I put myself out there and got a "no thanks" in return, I'd never recover from the humiliation. And while my path of least resistance didn't score me the hottest sex, I was happy at least that it kept me in possession of my ego.

Then, during college, I met George,* an art major with rosebud lips and a slow-as-molasses sexiness, who, despite my silent pleas for his affection, didn't give me the time of day. Just as I was about to abandon my George fantasy, I ran into him at a bar after the Senior Streak, a ridiculous, drunken tradition where every senior runs around campus, sans pants. I was naked as a newborn, except for the words THE BOMB scrawled across my butt with a Sharpie. And, for reasons I still don't totally understand, I went for it—walked right up to him, threw my arms around his neck and asked him to dance. Soon I was headed back to his place, wearing his jacket.

Even though I'm happily married now, my dalliance with George remains among my favorite pre-aisle memories—because I'd pounced and it worked. That night didn't turn me into some raging Jessica Rabbit, but it did teach me that sometimes the boldest, most out-of-character move is the one that gets you results. Lately I wonder if I've lost my game. Perhaps I need to dredge up some of that old naked courage with the man I love. For inspiration, I talked to 16 women and guys who shared their own brave stories of past seductions that went oh-so-right.

SEDUCTIONS THAT REALLY WORKED

"I fed his libido"

"After a dinner party, where my husband and I had been served a special soup that was full of cloves, we went home tipsy and tired. But even exhausted, we only dozed lightly before we woke up, spontaneously got naked and jumped each other. We tried to go back to sleep, but it happened again...and again! We couldn't believe it—it had to be the clove soup. Of course I called my friend for the recipe. A few weeks ago I made the soup, and it worked all over again. Maybe it's the placebo effect, but who cares?" —KRISTEN, 33

"I gave the bartender a special kind of tip"

"Out on a blind date with a nice but otherwise kind of bland guy, I happened to notice that one of the bartenders at the restaurant was incredibly hot. On my way to the ladies' room, he bumped me slightly and coyly said, 'Please stop running into me.' I spent the rest of dinner making eyes at him, and after another sangria or two, I excused myself again to go to the bathroom. The bartender came over and said that he'd been waiting for me. I held the bathroom door open and said, 'Well, come on then.' He did, and moments later we were making out like bandits. Periodically I would stop the action and say, 'Wait, I am on a date!' which would just make us more excited. We exchanged numbers, and I went back to the table to thank my poor, patient date and explain that we just weren't compatible. I went home alone that night, but man, was I ever happy!" —AMY, 29

ON HER: ONLY HEARTS BRA AND PANTIES; ON HIM: POLO RALPH LAUREN PANTS

*Some names have been changed to protect the shameless.

"I just jumped him!"

"A former boyfriend and I were in a two-month-long sexual dry spell. Desperate, I waited until he was asleep one night, stripped down to absolutely nothing, jumped on top of him, pinned him down with my arms and said, 'If we don't do it right this second, I'm going to become a nun.' He was like, game on! It was a little bit humiliating, but hey, it worked." —CHRISTINA, 26

We had a little Christmas in July"

"I once surprised my boyfriend with a lap dance in a sexy Santa outfit...in the middle of the summer. Sure, it wasn't seasonal or even relevant, but what's the fun if he sees it coming?" —KIRSTEN, 25

I got messy"

"Early in our relationship, I cooked dinner for my boyfriend. The meal was just basic roasted chicken, but it was so good I couldn't help but eat with my fingers. Then, in what may be my most selfless act ever, I dug for 'the oyster'—the juicy bite of meat below the backbone—and fed it to him with my fingers. My mother would have been horrified, but he thought it was sexy. Guess what we had for dessert?" —FRANCIS, 28

I played the damsel in distress"

"After an awful fight with my boyfriend, I really wanted to make up, so I asked him if he'd come over and fix my leaky faucet. When he let himself into my apartment, I was waiting for him in a bubble bath. Corny, but all was forgiven!" —JENNIFER, 28

I told the most ridiculous lie"

"A friend and I were on a girls' vacation together when two good-looking guys approached us. Making conversation, they asked me what I did for a living, and out of nowhere, I made up a story and said I was the founder of a certain online company. Well, it turns out *they* were the founders of that company—really, the exact company—and were on vacation celebrating a recent merger. We spent the night talking about how funny it was that I had picked the exact wrong lie! Or maybe it was exactly the right one: I ended up going home with one of the guys." —ANDREA, 35

"I PULLED RANK"

"I work the late-night shift at a TV news station. After weeks of flirting with a hot new coworker, I left an anonymous note on his desk saying he was needed in the studio first thing in the morning. When he got there, I was waiting for him in the dark, sitting on top of the anchor's desk, showing the type of cleavage that even the most flexible of human resource managers would deem inappropriate. Now we regularly hook up before everyone comes in for their shifts—let me tell you, it guarantees a very productive day at work." —JEN, 29

I stood up for my man"

"My college boyfriend Tyler and I were playing pool with a jerk who kept mouthing off about how bad we were. I looked the guy in the eye and said, 'I don't like you, you're an asshole, stop bothering us.' Later that night, in the parking lot, Tyler suddenly kissed me and said, 'That was amazing, the way you told him off. I knew right then.' I said, 'Knew what?' He kissed me again and replied, 'That I'm in love with you.' I'd seduced him without even knowing it!" —RENEE, 25

SEDUCTIONS GONE WRONG!

"After my boyfriend and I had hours of exhausting fun with some 'chocolate body fondue,' we fell asleep and forgot about the (open) bottle we left on the pillow. The next day, I woke up and my hair was one big chocolate mess. It would have been funny, but I had a job interview that very morning! I couldn't get the goo out, so needless to say, there was some wicked styling involved." —CHRISTINE, 21

"One night I decided to channel my inner seductress and showed up at my boyfriend's house wearing nothing underneath my coat. I didn't own a trench coat (the classic for this scenario), so I subbed in my wool winter jacket. Halfway through my taxi ride to his house, I started itching. By the time I showed up at his door (after accidentally flashing my cab driver—lovely), my entire body was a big, red, blotchy mess!" —SARAH, 30

"I had a little sleepover party"

"One weekend this guy Rob and I ended up both being invited to a friend's house. I'd met him only once before but was smitten. When it was time to go to sleep the first night, he insisted that I take the guest bed and he'd take the couch. But while he was washing up, I got settled on the couch. When he saw me there, he exclaimed, 'I said I'd take the couch!' So I said, 'If you're so hell-bent on sleeping on the couch, then why don't you join me?' And he did." —NANCY, 33

EVEN THE SMOOTHEST WOMAN CAN STUMBLE ON THE WAY TO SEDUCTIONVILLE. PROOF: THESE REAL-LIFE TALES OF WHIPPED CREAM, RASHES AND REPERCUSSIONS (AT LEAST THEY'RE LAUGHING NOW!).

"On my birthday my boyfriend surprised me with a home-cooked dinner, complete with strawberry shortcake, my favorite. We got a little silly with the whipped cream and moved things to his bedroom where, on a whim, I gave myself a whipped-cream bikini. One step, though, and my bikini 'top' fell to the floor in two distinct splats. He was laughing hysterically, and the seductive mood was, alas, dead. After further research (I couldn't help but wonder how they stay on in the movies), I discovered that film pros use shaving cream instead. Good to know!" —RACHEL, 29

GUY CAM: DAN HALLIGAN

GuyCam

HEY, GUYS: WHAT'S THE BEST WAY YOU WERE EVER SEDUCED?

"This girl I thought was just a friend took me to a hot tub and sang my favorite song, Stevie Wonder's 'Ribbon in the Sky.' I couldn't believe it!" —ANDRE JACKSON, 23

"There was one time when I was joking around with a girlfriend and she playfully tied me up. It was just unexpected and exciting!" —DANNY SEVILLA, 27

"I was once a consultant on a project, and a woman at the company chased me down and asked to meet. Aggressive but effective!" —GREG GALLANT, 32

"I opened my door and she jumped into my arms, pushed me into the hall and kissed me. The best part? I was on crutches, so I was helpless!" —BRENT ARNOLD, 30

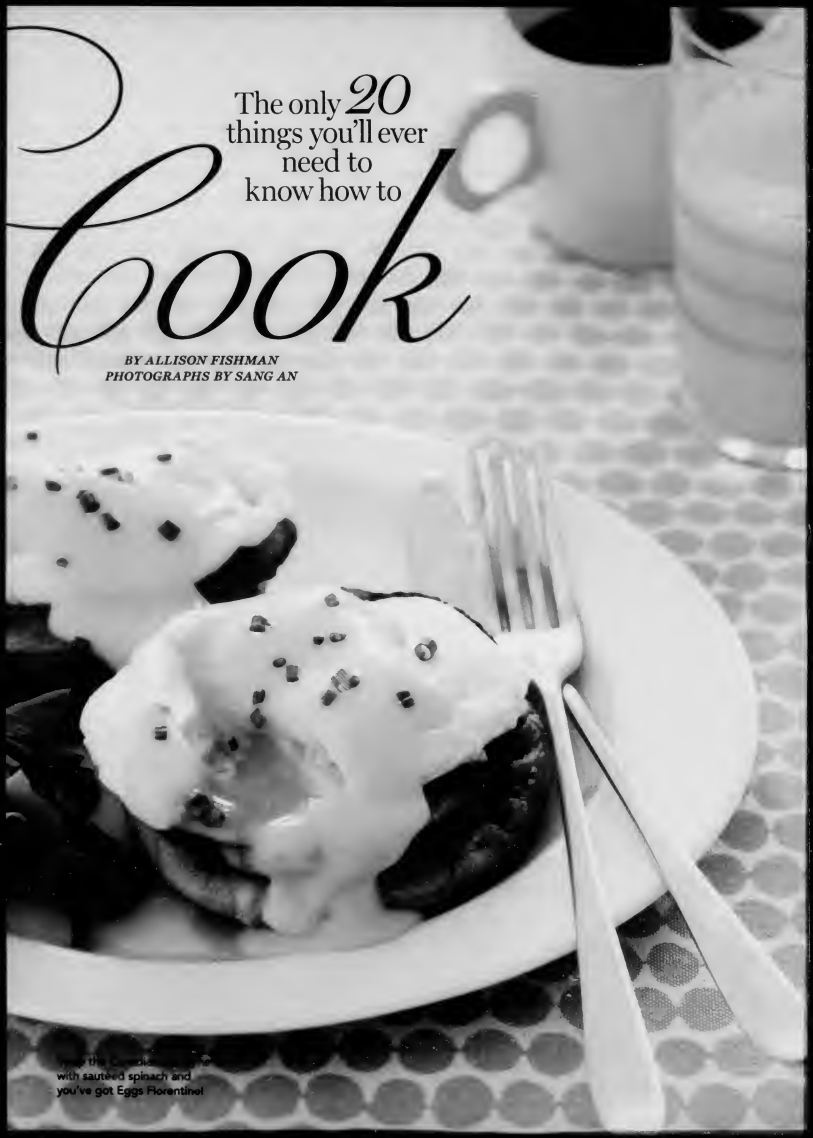
"A girl I'd been into for years invited me and some friends over. But when I showed up, it was just her and a bottle of wine. It worked." —MATT FRIEDENBERG, 23

"I once got a text that read, 'I'm naked on your bed'—in the middle of the day. That's the best seduction time. I hurried right home." —ERIC BISSELL, 23

—RACHEL HARDAGE

The only 20 things you'll ever need to know how to Cook

BY ALLISON FISHMAN
PHOTOGRAPHS BY SANG AN



[illegible] the [illegible] with sautéed spinach and you've got Eggs Florentine!

No matter how stressed/busy/tired we are, most women still want to be rock stars in the kitchen. As a private chef and host of TLC's *Home Made Simple*, I've taught hundreds of cooking classes and invaded kitchens from Chicago to Miami. Every woman I've met requests an arsenal of impressive, no-fail dishes she can prepare on the quick and cheap. Sometimes it's the tastes-fancy-but-takes-two-minutes pasta sauce, or the perfect milk-dunking cookie. And always, *always* a roast chicken. Once I share my recipes, clients beg me to keep them secret. Well, *Glamour* got me to spill the beans. Here, your recipe box for life.

Cooking guru Allison Fishman

A PRETTY, YUMMY *thirst quencher:* ICE WATER WITH lemon, mint *and cucumbers*

Cooking on a rack [illegible] the chicken less g[illegible] a lemon and herb sprigs, too, for a pretty presentation.)

◂ *The perfect*
POACHED EGG

Bring 2½ inches of water to simmer in pot. Add 2 tbsp. ***white wine vinegar****. Crack* ***egg*** *into bowl and gently pour into pot. Simmer for 3 minutes (do not boil; it will tear egg). Remove with slotted spoon and dab with paper towel. Season with* ***salt*** *and enjoy, or make classic Eggs Benedict—just use a spatula to place the egg atop some cooked Canadian bacon on a toasted English muffin. Sprinkle with chopped chives and drizzle with...*

BLENDER HOLLANDAISE

- 2 large egg yolks*
- 1 tbsp. lemon juice
- Pinch of cayenne pepper
- 1 stick unsalted butter
- ½ tsp. kosher salt

Pulse first 3 ingredients in blender. Heat butter until just melted; with blender running, slowly add butter to mixture until frothy. If sauce is too thick, blend in 1 tsp. lukewarm water. Season with salt and serve.

The easiest **roast chicken** ever ▴

1. Preheat oven to 425°F and place **chicken** on a rack in a roasting pan or cast-iron skillet.
2. Sprinkle generously with **salt** and **pepper**.
3. Cook the chicken 15 minutes for each pound, plus 15 minutes. (A 3-pound bird: 15 minutes x 3 + 15 minutes = 60 minutes.) It's done when you prick with a fork and the juices run clear. Got more prep time? Zap 3 **garlic** cloves, the zest of 1 **lemon** (finely grate the peel, avoiding white stuff), and the leaves of 2 **rosemary** sprigs in a mini-chop or blender for 15 seconds; spread puree under the skin before cooking (lift skin up easily from near the cavity).

"GIMME SECONDS" VEGGIES

Chop 4 cups of your **veggies** of choice (cauliflower, zucchini, whatever) and toss on a cookie sheet or two with 2 tbsp. **olive oil**, plenty of **salt**, **pepper** and a few sprigs of **rosemary** or **thyme**. Pop into a 400°F oven for 30 minutes (flip veggies halfway through), and *voilà*!

3-INGREDIENT *pasta sauce*

Pour contents of a 28-oz. can of whole peeled **tomatoes** into a large skillet. Squish tomatoes with your fingers, discarding any stems. Add half a stick of **butter** and a medium **onion**, peeled and halved (place cut sides down). Bring mixture to a simmer (no lid!); lower heat and stir occasionally until sauce thickens, 30 to 45 minutes. Discard onion and use sauce immediately, or store in the fridge for up to 5 days. Makes 5 cups.

*Use caution in consuming raw or lightly cooked eggs due to a slight risk of salmonella or other food-borne illnesses.

EDITOR: JOANNA BOBER. FOOD STYLIST: ROSCOE BETSILL. PROP STYLIST: MOLLY FITZSIMONS FOR BIG LEO. FISHMAN: STEPHEN MURELLO

▲ FRESH SALSA

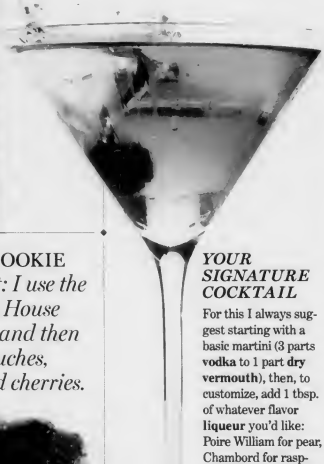
- 4 large plum tomatoes, halved
- ½ small red onion
- ¼ cup chopped cilantro, optional
- Salt and hot sauce to taste

Grate tomatoes and onion on the large holes of a box grater (or dice with a sharp knife). Add cilantro, then season with salt and hot sauce to taste. Makes 2 cups.

Basic Guacamole

- 2 ripe avocados
- Juice of 1 lime
- ¼ cup finely chopped red or Vidalia onion
- 1 jalapeño, seeded and finely chopped, optional
- ¼ cup chopped cilantro, optional
- Salt to taste
- Tortilla chips, for serving

Scoop avocados from shell. Cover with lime juice and mash (a potato masher works great). Stir in onion, jalapeño and cilantro; season with salt to taste. Eat immediately, or cover with plastic wrap placed directly on surface of the guacamole so it doesn't discolor. Makes about 2 cups.

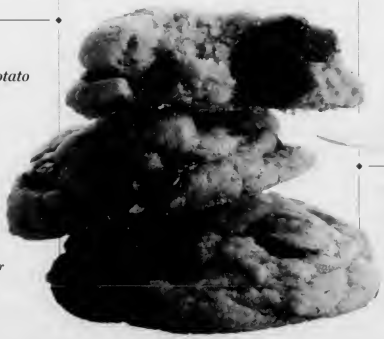


YOUR SIGNATURE COCKTAIL

For this I always suggest starting with a basic martini (3 parts **vodka** to 1 part **dry vermouth**), then, to customize, add 1 tbsp. of whatever flavor **liqueur** you'd like: Poire William for pear, Chambord for raspberry, Grand Marnier for orange. Cheers!

THE PERFECT COOKIE

My dirty little secret: I use the recipe on the Toll House bag (it's a classic!), and then add my own touches, like coconut or dried cherries.



Sweet potato Puree

This is the ultimate side dish. My favorite way to serve it is with fish on top; I love the color contrast. How to make it: Roast 3 ***sweet potatoes*** *in a 400°F oven for 45 minutes. Let cool, then peel. Use a food processor or potato masher to puree potatoes with 2 tbsp.* ***butter*** *and 1 cup warmed* ***milk****. Serves 4.*

NO-MESS BACON

How to cook bacon without a single splatter? Use your oven instead of a frying pan. Preheat oven to 400°F and lay bacon over a rack on a sheet pan (cover pan with foil for easy cleanup). Cook until crispy, about 15 minutes. For a sweet and savory twist: Sprinkle on brown sugar before baking. Delicious!

Incredible fruit crumble

FOR THE TOPPING:

- ¼ cup flour
- ¼ cup rolled oats
- ¼ cup packed brown sugar
- ¼ cup granulated sugar
- ¼ tsp. cinnamon
- ¼ tsp. kosher salt
- 5 tbsp. unsalted butter, cut into small bits and chilled
- ½ cup pecans

FOR THE FRUIT FILLING:

- 4 cups fresh fruit (peaches, berries, etc.)
- ¼ cup granulated sugar
- 1¼ cups corn starch
- Pinch of salt

1. Preheat oven to 375°F. Place first 6 ingredients in food processor and pulse to combine. **2.** Add butter and pulse 6 to 8 times until mixture has pea-size pieces of butter mixed in. Toss in pecans and pulse a few times to chop. Refrigerate in a bowl for 15 minutes. **3.** In a large bowl, combine fruit, sugar, corn starch and salt, folding them together. Place in 8" x 8" baking dish. **4.** Sprinkle chilled topping over fruit. Bake until fruit is bubbly and top is golden, 35 to 45 minutes. Cool for 15 minutes before serving (with vanilla ice cream!). Makes 6 to 8 servings.

"NO GUY REQUIRED" GRILLED STEAK

*Sprinkle **kosher salt** on a good cut of meat (I like **rib eye**). Toss onto a superhot grill. Avoid pushing down while grilling—it forces juice (and flavor) out. For medium rare, cook a one-inch rib eye about 2 or 3 minutes per side, more if thicker. Let sit 10 minutes before serving so juice redistributes.*

DELICIOUS FRIED RICE

Dump that carton of leftover cooked Chinese **rice** and 1 tbsp. **vegetable oil** into a hot frying pan. Add 1 cup **peas**, 1 cup diced **scallions**, 1 tbsp. each **soy sauce** and **sesame oil**, and 1 **egg**. Fry until egg is scrambled and rice crackly.

"AMP UP *ANYTHING*" BROWN BUTTER SAUCE

Melt a stick of **butter** in a pan. When it browns, add juice of 1 **lemon** and 8 **sage** leaves. Toss with pasta or drizzle over fish. Garnish with **lemon zest**.

Crunchy, golden crostini

Brush olive oil on half-inch round pieces of baguette, then toast. Rub with raw garlic, top with...whatever!

"Feel better instantly" chicken Soup

- 1 pound carrots, sliced into ½-inch coins
- 5 stalks celery, chopped ½-inch thick
- 1 large onion, chopped
- 1 5-pound chicken
- 2 tbsp. chopped parsley

1. In a large pot, place carrots, celery, onion and chicken, backbone-side up. Add water to cover. **2.** Bring to a boil, then reduce to a simmer, and cook partially covered until chicken is done, about an hour. Skim off foam and discard. **3.** Remove chicken from pot, and let stand until cool. Remove meat from bones, shred into bite-size pieces and return to pot. Cook until heated through. Season with salt and pepper, and garnish with parsley.

*For a tasty, simple dressing, mix 3 parts **olive oil** to 1 part **lemon juice**, then add **salt** and **pepper**. Pro tip: Use your hands to work dressing into salad.*

"HE STAYED OVER" OMELET

Melt 1 tbsp. **butter** in a nonstick skillet over medium-low heat. Crack 2 **eggs** directly into pan, then quickly scramble using a rubber spatula (or whisk them in a bowl). Season with **salt** and **pepper**. Add toppings like cooked **veggies** or **ham** and cook until set. Toss in **cheese** and pop the skillet under the broiler to melt. As you slide the omelet onto a plate, simply fold it over onto itself.

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How to do anything better guide

Reardon's new book

By Joanna Bober

How to...

FIX ANY FASHION EMERGENCY—FAST

Through her website, toptipsforgirls.com, writer Kate Reardon has collected thousands of real women's DIY tips for life's trickiest moments. Now this brilliance is a book! Here, six supersmart wardrobe savers we just had to steal:

Soak dull diamonds in vodka (a solvent even pros use) for serious sparkle.

Skip the bulky ironing board and press collars or hems (cotton only!) with a flatiron.

Got scuffed patent leather? Wipe with milk, then buff. It's gentle and leaves a great shine.

Remove pesky shoe stickers by blasting with a hair dryer for 30 seconds. Peel away.

If your zipper's stuck, rub a pencil on the teeth (graphite acts as a lubricant on metal).

Stop jewelry from turning skin green by sealing insides with clear nail polish. Genius.

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How to do anything better guide

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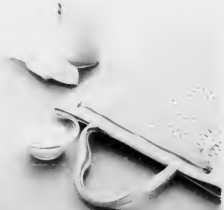

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How to do anything better guide

How to...

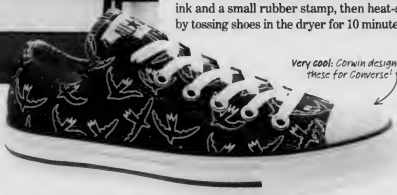
MAKE EVERYTHING IN YOUR HOME PRETTIER

Do it with stamps and stencils, thanks to the hip new book *Printing by Hand*, by textile designer Lena Corwin. Four ideas we love—and *you* can try:

The artist, at work in her Brooklyn home

◂ **FOR YOUR WALLS** Stencil a large-scale graphic pattern in a subtle color onto a pale background (scatter randomly, grouping some together). Copy this tree from Corwin's book or get others at stencil-library.com.

▾ **FOR CANVAS SNEAKERS** Use fabric ink and a small rubber stamp, then heat-set by tossing shoes in the dryer for 10 minutes.



Very cool: Corwin designed these for Converse!

▴ **FOR YOUR NOTEBOOKS** Personalize plain ones (Corwin loves these from moleskineus.com) with cheery, inspiring patterns and let the ideas flow. For artsy stamps, go to blockheadstamps.com.

◂ **FOR UNIQUE GIFT WRAP** Decorate a square piece of plain fabric (white linen works well) with a pretty rubber stamp. Let dry, then place gift in the center and tie opposite corners together. Such a nice touch!

—WRITTEN BY NINA CARBONE

FROM PRINTING BY HAND: A MODERN GUIDE TO PRINTING WITH HANDMADE STAMPS, STENCILS, AND SILK SCREENS. COPYRIGHT © 2008 BY LENA CORWIN, PUBLISHED BY STEWART, TABORI & CHANG. PHOTOS: THAYER ALLYSON GOWDY. SNEAKERS: COURTESY OF CONVERSE. SEE GO SHOPPING FOR MORE INFORMATION

You know the place where

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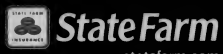
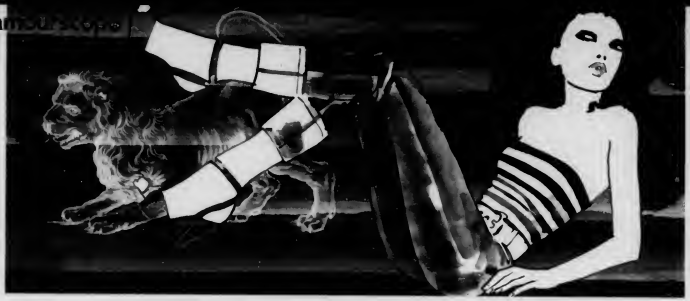




This month: You shine!

By Jenny Lynch, astrologer

Leo
(July 24–August 22)
Your month: With egghead Mercury in your sign, you go from smart to plain genius.
Your mission: Your brain may be brawny, but your ego's a bit fragile. Brush off a dis from a loved one—she's just stressed.

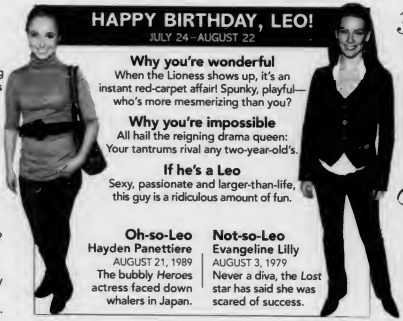
Sagittarius
(November 22–December 21)
Your month: If only you had a five-second delay on your mouth. Shooting it off could get you in a sticky situation.
Your mission: Be patient. Any weirdness with a friend (or lover) will fade soon enough.

Aquarius
(January 20–February 18)
Your month: Nerves of steel! While everyone else is freaking out, you calmly save the day.
Your mission: What you are shaky about: love. You'll know what's best once your house of partners clears up next month.

Aries
(March 21–April 19)
Your month: You know that thin line between bossy and bitchy? You're toeing it.
Your mission: Chillax! Hit a new museum—a soulful solar eclipse means all things artsy will soothe and satisfy.

Virgo
(August 23–September 22)
Your month: Earth to Virgo! The four planets overcrowding your house of the unconscious mind are making you spacey.
Your mission: Daydream up a way to destress your currently crazy schedule. You need air!

Libra
(September 23–October 22)
Your month: Your new motto: If it's not fun, what's the point?
Your mission: Responsible Libra is feeling refreshingly carefree, but friends aren't. Try to avoid the craziest pals till they get their drama in check.



Taurus
(April 20–May 20)
Your month: The West Elm catalog is like porn: Cozy candles and throws thrill you.
Your mission: Warring friends can't resist your comfy vibe. Invite them over for a little ice cream and reconciliation.

Gemini
(May 21–June 20)
Your month: You're dangerously seductive now. Whatever you ask for, you'll get it.
Your mission: Turn that power of persuasion inward. It's time to convince yourself: You really are as great as everyone says!

Scorpio
(October 23–November 21)
Your month: All you can think about is work, work and that really hot guy—at work.
Your mission: Not everyone in the office loves you as much as he does right now. But a "sorry" and a smile do wonders!

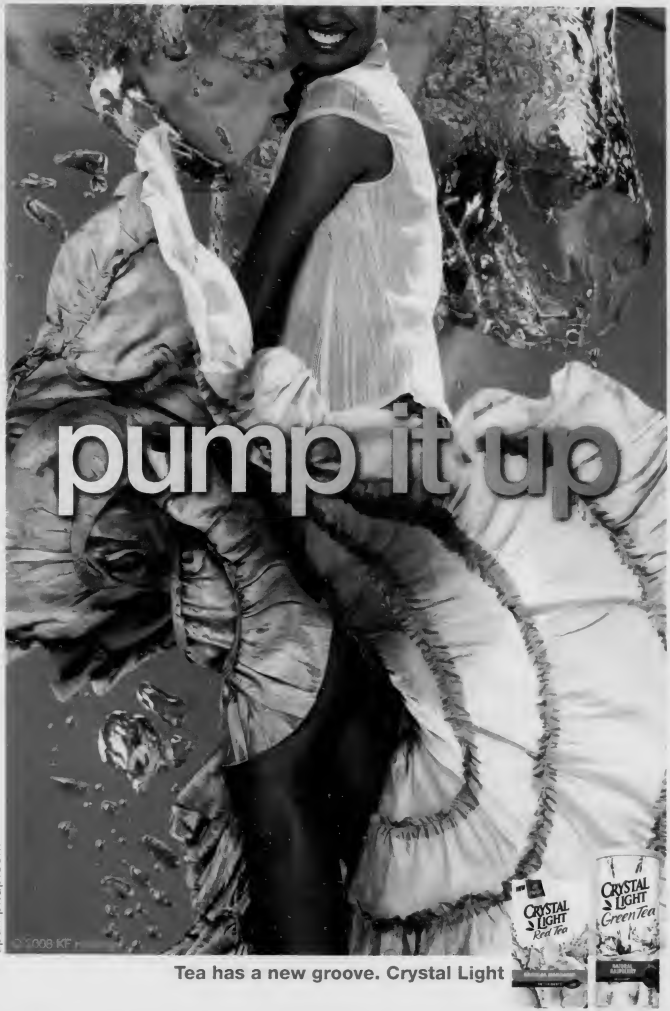
Capricorn
(December 22–January 19)
Your month: Goat girl's famous patience is MIA. You've busted your butt (at work, at the gym), and you want results—*ASAP*.
Your mission: Just breathe, and dive in when a (new?) guy invites you for a fun night out.

Pisces
(February 19–March 20)
Your month: Confusing Neptune muddles your instincts.
Your mission: You crave closeness, but you don't want a guy who clings like Saran Wrap. Big love decisions can (and should) wait until September.

Cancer
(June 21–July 23)
Your month: Your M.O. no longer seems "you." Anything new is what you want.
Your mission: No extreme life makeovers! This itch is nothing a change of scenery (or summery highlights) can't scratch.

Go to glamour.com/horoscopes to see if he's your love match.

ILLUSTRATION AND HAND LETTERING: SARA SINGH/ART DEPARTMENT; PANETTIERE: JOHN SHEARER/WIREIMAGE.COM; LILLY: MATTHEW IMAGAN/FILMMAGIC



Tea has a new groove. Crystal Light has a cool line of teas with antioxidant vitamins A, C and E. Take your water from pale to pumped.

upumpitup.com

Christina *continued from page 170*

trainer kept saying, "Give it time, you're looking great." Everyone around me was saying they could see a difference, but, you know, you're hardest on yourself. I did see my stomach get flatter and tighter and more muscle definition.

GLAMOUR: What did you like the least about your postbaby body and what did you like the most?

CA: Well, I was OK with the booty and the boobs! [*Laughs.*] My stomach was really where I carried my weight. Toward the end of my pregnancy, I felt really big—I gained about 40 pounds, which is a lot for my size. My hips also changed significantly. And my feet grew from a size 5½ to a size 7 in flats—thank God they [went back to normal]. I would have been so depressed if I had to get rid of my shoe collection!

GLAMOUR: Let's talk about your new album: Can we expect to see you reinvent yourself as you did for *Back to Basics*?

CA: I just started recording it, but I can tell you that this record is all about fun. I'll be referencing Pop Art, Andy Warhol's art. So it will [sound] fun and fast-paced, and visually, it will be full of color, which is how it's going to tie in with my new fragrance, Inspire [in stores next month].

GLAMOUR: So Warhol, Pop Art—will it have a sixties sound to it?

CA: I want it to be a surprise! But there's also going to be a modern element to it that comes from my love of Tokyo.

GLAMOUR: I used to live there!

CA: Really? [Jordan] and I vacation there. There's such excitement and energy. It's just a zillion people walking around—it's an incredible place.

GLAMOUR: How do people react to you in Tokyo? They must go nuts.

CA: You know what's great? I'm a pretty petite person, so I just put on a hood or a hat and blend in.

GLAMOUR: What? That does *not* seem possible! Has being a new mom influenced your music?

CA: Absolutely—my little boy breathes new life into me. That's one of the reasons I decided to go in a playful direction with this album. I've spoken openly about the domestic violence I experienced growing up.

GLAMOUR: Now that you're a mom, is it even harder to grasp the concept of child abuse?

CA: Yes—even watching the news when you hear about babies being shaken. Of course you have compassion for children, but when you have your own, you feel it on a much deeper level. So I'm motivated to speak out even more; to do more charity work; to help children find [safe] homes.

GLAMOUR: Despite your tough childhood, you grew up into a solid person. What do you think when you see people in your industry, like Amy Winehouse, self-destruct?

CA: I'm not a judgmental person, so I can't comment on someone else's background. [As for me], I think I've always had a strong sense of self. My mom brought me up to believe that my talent is a gift and a blessing. But I have definitely made some mistakes that I would never do again.

GLAMOUR: Like what?

CA: When I was 21 and made *Stripped*, I was pretty distraught about some personal issues coming up from my past. I was going out and partying a lot—as people do at that age—and did some very unhealthy things to deal with the pain. But I was able to say, "OK, hold on."

GLAMOUR: But for some reason, you weren't caught on camera doing it.

CA: *Thank God!* [*Laughs.*]

GLAMOUR: You probably couldn't have gotten away with that now.

CA: I don't think so. [It wasn't until] the wave of reality TV that [our culture's] obsession with celebrity got so crazy. I think a lot of people thrive on that stuff.

GLAMOUR: So how do you manage nowadays to avoid paparazzi?

CA: A lot of people go out of their way [to be photographed]; I make a conscious effort to keep me and my family out of the limelight. The other day a paparazzo actually pulled up to my husband on the street and said, "Geez, I know the new house is big, but I've been trying to get a picture of you for months—you never leave the house!" And it's true: I'll go out at night after spending time with my son, but [during the day] I just hang out on my grounds, taking him for walks in the stroller in the backyard where we won't be seen.

GLAMOUR: Has having a child changed your relationship with your own mother?

CA: It's given me a deeper understanding of the things she went through. She had a difficult childhood, and I think she wanted to make sure [I didn't go through that]—[yet] she ended up marrying an abuser. My mom was so giving, almost too much, that she almost forgot about herself many times. So I'm careful to make time for myself. Rather than change who I am for Max, I bring the life lessons I've learned to the table.

GLAMOUR: How do you manage to make time for yourself?

CA: Obviously I didn't do anything today—you're not allowed to look at my nails!

GLAMOUR: How has your relationship with Jordan changed since the baby?

CA: It's brought us closer—we're bonded together for life. Relationships and great marriages are a whole learning and growing process. We're just great teammates.

GLAMOUR: So, how do you guys keep things sexy these days?

CA: We make sure we have Mommy and Daddy nights out. Our child comes first, obviously, but there are certain things you can do: Once we know he's in good hands, we go out late at night and have a few drinks. Then we'll come home, dim the lights and do our thing—and I'm not going into any more detail than that!

FROM LEFT: BUENA VISTA TELEVISION/COURTESY EVERETT COLLECTION; PETER BROOKER/REX USA; KEVIN WINTER/GETTY IMAGES; ROBERT MCKAY/GETTY IMAGES; JIM COCHRANE/REX USA; PETER BROOKER/REX USA; DAVE M. BENNETT/GETTY IMAGES; SPLASH NEWS

Christina over the years

From left: As a young Mouseketeer (top right); doing her belly-dancer thing in 1999; singing "Lady Marmalade" in 2001; on tour for *Stripped* in 2003; striking a pose in 2004; at the 2006 MTV Movie Awards; with husband Bratman later that year; carrying Max in NYC in 2008.

Global Diary *continued from page 124*

me two marriages to understand that," Charon tells me, laughing.

Charon began her activism work alongside Clarence in the early 1980s, when the couple started a fetal alcohol syndrome program in their basement in Lake Andes. Although the program wasn't designed to assist assault victims, Native women fleeing abuse flocked there. "Women would run to our house as a safe haven," Charon remembers. "They just kept coming."

Also around that time, in 1982, Charon suffered an unthinkable personal tragedy: Her best friend, Ethel, was murdered by her husband, who came home drunk from a party one night and beat her to death. Charon and Ethel had taken each other as "hunka sisters," Sioux for two friends who become family in a special ceremony. Ethel's death changed Charon's life; combined with her own abuse history, that loss helped her to realize her true calling as an advocate for forgotten abuse victims. "Those things determined my destination, my path in life," she says.

When Charon began telling other women that they had a right to justice, they didn't believe her—the notion seemed so foreign. It's hard for me to grasp that such a mindset could exist in America. But you don't acquire that sense of futility in one generation; it's a hangover from the inequities Native people have endured ever since white men settled this country.

How *is* it possible that so many rapists go unpunished here? As Charon helped me understand while eating dinner at her home, the breakdown in justice starts from the moment a Native woman is attacked. Because abuse is such a fact of life here, most Native sexual assault victims don't even go to the police, assuming nothing will come of it. Some victims may seek help at health clinics, such as those operated by the federally funded Indian Health Service (IHS)—and here, the system breaks down yet again.

Unlike most American hospitals, IHS clinics lack standardized policies to handle sexual assault cases; almost half don't even have personnel trained to examine victims and collect DNA evidence with a rape kit, according to one study. "Without a rape kit," Charon says, "there are no convictions." Thanks to Charon and other activists, though, Congress is starting to pay attention: In February the U.S. Senate passed amendments mandating, among other things, that IHS develop a standardized sexual assault policy.

When rape victims choose to report crimes, because of complex laws and boundaries between tribal and U.S. lands, just figuring out which agency should investigate the claim can be chaotic. When an assault takes place in a U.S. city or county, those police departments have jurisdiction. On Native lands, which are federal territory, both the Bureau of Indian Affairs (BIA) and the Federal Bureau of Investigation could claim the case—unless the alleged perpetrator was non-Native, in which case tribal officials have no authority. "It can take months before it's determined who will investigate an assault claim," says Amnesty's Christensen.

"I usually hear this type of story in war zones—where rape is used as a weapon."

In many cases, *no one* does. Charon recalls an incident several years ago in which a young Native woman was allegedly raped in tribal territory. Although the woman immediately reported the crime to BIA police, it was federal authorities who had jurisdiction because the suspect was white. "The FBI didn't bother to investigate," Charon says. "The woman dropped out of school. It affected every aspect of her life."

When police do show up, they're often way too late, jeopardizing rape investigations. Because of poor federal funding, Charon says, "just two BIA officers cover our 62-square-mile area." And many victims experience prejudice from police. Charon describes an incident in which a young woman told an officer she'd been raped by a man she recognized—but he never wrote down the suspect's name or filed a report. "That's the kind of racism we deal with," Charon says. Perhaps most appalling, those rapists who *are* tried in tribal courts end up back on the streets frustratingly quickly: U.S. law limits their sentences to only one year—a fraction of what they could get for the same crime committed *off* Native land.

It's no wonder then, given the barriers that stand in the way of punishing these rapists, that Charon can think of only one perpetrator in her area who was brought to justice: a 2004 case involving a serial rapist and several teenage victims. "It took forever to get him behind bars," Charon says. "You get really frustrated."

That night at my hotel, there's another round of drama from the couple next door. "Don't hit me! I was joking," the woman pleads. The man mumbles, then they have sex, but it sounds more like a beating.

When I visit the 18-bed shelter at Charon's center, it feels comfortable. There's a couch, a television, a toy box packed with stuffed animals, a big kitchen table and a garden. I meet a woman there who describes being brutally attacked by a man she had dated, and it strikes me that I usually hear this type of story in war zones—where rape is used as a weapon, like in the Congo.

After hearing one heartbreaking story after another, I meet Sasheen Thin Elk, an 18-year-old volunteer at the center's radio program whose poise and maturity feel like oxygen. Not that the kid has been spared. She, too, is a survivor; although she didn't initially report the crime, she recently confronted her attacker. Speaking up was painful because it made Sasheen relive her ordeal, but it was only when she broke her silence that she was able to dream about the future.

Now Sasheen wants to encourage other Native women to speak out too. Her advice for those confronting the trauma she knows so well: "Just stop the cycle. Say something," which reminds me of a famous saying by feminist icon Gloria Steinem, "The truth will set you free. But first it will piss you off"

The night before my departure, I have dinner at the casino restaurant with most of the women I have met here. The guest of honor is Sasheen. I have decided to help her find a sponsor to make a radio documentary on her people—a brilliant student, Sasheen wants to study journalism in college, and maybe science, too.

As for Charon, after years of fighting, she seems cautiously hopeful that if enough survivors tell their stories—on the radio, to the police, to the world—Native women will get the justice they deserve. "This is allowed to go on because people don't hear about it," she says. "Women would be appalled if they knew about this outrage." She's right—hearing the truth is bound to piss us off, but working together for justice will also set us free.

Mariane Pearl's collection of her Global Diary columns, In Search of Hope, *can be purchased on glamour.com/global diary.* Glamour*'s proceeds go to the charities of the women profiled.*

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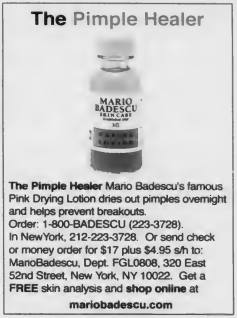

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Masthead *Page 14*: Kate Spade boots, $548, 800-519-3778; katespade.com.

Your Absolute Best Jeans *Page 66*: William Rast jeans, Von Maur stores. American Eagle Outfitters jeans, American Eagle Outfitters stores, 888-232-4535. DKNY Jeans Juniors jeans, 800-777-4524; Macy's. Nine West jeans, select Macy's. Baby Phat by Kimora Lee Simmons jeans, Macy's. Diesel jeans, Diesel stores, 877-433-4373. *Page 68*: Hello SkinnyJeans jeans, Cantaloup, NYC, 646-422-2600; Fred Segal, Santa Monica, CA, 310-394-4787; Linda McNair, West Hollywood, CA, 310-659-9880; Diane Merrick, L.A., 323-930-0400. *Page 70*: Express jeans, select Express, 877-415-4551. Lauren Jeans Co. by Ralph Lauren jeans, Bloomingdale's. American Eagle Outfitters blazer, American Eagle Outfitters stores, 888-232-4535. Old Navy top, Old Navy stores. Freddy & Ma bag, 917-514-5155. Alexis Bittar bangle, Alexis Bittar, NYC, 212-625-8340. Michael Michael Kors shoes, available in mid-September at select Nordstrom, 800-695-8000. Signature by Levi Strauss & Co. jeans, Wal-Mart stores. New York & Company jeans, sizes 2–18 petite, average and tall, nyandcompany.com. Uniqlo jeans, uniqlo.com; customer.orders@uniqlo-usa.com. Arizona by JCPenney jeans, JCPenney stores. *Pages 72–73*: Clockwise from black jeans; Calvin Klein Jeans jeans, sizes 2–16, $49; Calvin Klein Jeans jeans, sizes 2–16, $49; Calvin Klein Jeans jeans, sizes 2–16, $80. All available at Dillard's; Lord & Taylor; Macy's. *Page 74*: J.Jill jeans, 800-642-9989 On Lee: Mint Jodi Arnold top, True Blue, New Canaan, CT, 203-966-0202. Be & D boots, $795, beandd.com. On Carmen: Express top, expressfashion.com. Hollywould shoes, $295, 212-219-1905; hollywould.com. On Lowenstein: Svoboda jeans, 714-540-5377; select Bloomingdale's. Lane Bryant top, $40, lanebryant.com. Bally boots, $870, Bally, L.A., 310-271-3310. *Page 76*: Old Navy jeans, Old Navy stores, 800-653-6289. On women, from left: Tops: Gap; Dressbarn; Theory; Theory; American Apparel. Shoes on Lee: Lanvin. Shoes on all other women: London Sole.

Hello, Hello! *Page 131*: Levi's shirt, $58, 521 jeans, $70, levi.com; 800-872-5384. James Colarusso necklaces, $525–$4,200, James Colarusso, NYC, 212-647-1313; Rube, Amagansett, NY; Marie Eiffel, Shelter Island, NY; Fred Segal, L.A.; jamescolarusso.com.

Give Me Denim *Pages 132–133*: A.P.C. jacket, $160, A.P.C., NYC; 212-966-0069; apc.fr. Diesel jeans, $300, Diesel stores, 877-433-4373; diesel.com. Yves Saint Laurent choker, $845, select Yves Saint Laurent boutiques, 212-980-2970; ysl.com. James Colarusso silver skull ring, $230, James Colarusso, NYC, 212-647-1313; Rube, Amagansett, NY; Marie Eiffel, Shelter Island, NY; Fred Segal, L.A.; jamescolarusso.com. *Page 134*: Dsquared2 jacket, $2,595, Intermix, NYC. Tom Scott top, $560, Project No. 8, NYC; Ikram, Chicago; Base, Miami Beach. Alexander Wang shorts, $285, Nordstrom; shopbop.com. R Jewellery necklaces, $325–$445, Barneys New York stores; barneys.com. James Colarusso silver stacking rings, $110 each, James Colarusso, NYC, 212-647-1313; Rube, Amagansett, NY; Marie Eiffel, Shelter Island, NY; Fred Segal, L.A.; jamescolarusso.com. Hue leg warmers, $12, Nordstrom. Camilla Skovgaard boots, $525, Wynn, Las Vegas, 702-770-3460; Halo Shoes, Portland, OR, 503-331-0366. *Page 135*: Lacoste turtleneck, $68, Lacoste boutiques, 800-452-2678, lacoste.com. 3.1 Phillip Lim pants, $225, 3.1 Phillip Lim, NYC, 212-334-1160, L.A., 310-358-1988; Edit, NYC, 212-876-1368. Bailey fedora, $138, hats.com. James Colarusso skull ring, $230, James Colarusso, NYC, 212-647-1313; Rube, Amagansett, NY; Marie Eiffel, Shelter Island, NY; Fred Segal, L.A.; jamescolarusso.com. Christian Louboutin shoes, $885, Christian Louboutin, NYC, 212-396-1884; Las Vegas, 702-818-1650. *Page 136*: Steven Alan shirt, $158, stevenalan.com. 7 for All Mankind vest, $220, Bloomingdale's; 7forallmankind.com 7 for All Mankind jeans, $198, Atrium, NYC; revolveclothing.com; 7forallmankind.com. Sally Sohn necklaces, $8,500–$26,550, Bergdorf Goodman, NYC; sallysohn.com. James Colarusso bracelet, $375, skull ring, $230, James Colarusso, NYC, 212-647-1313; Rube, Amagansett, NY; Marie Eiffel, Shelter Island, NY; Fred Segal, L.A.; jamescolarusso.com. *Page 137*: The Row top, $220, Barneys New York stores; Susan of Burlingame, Burlingame, CA; Maxfield, L.A.; Louis Boston, Boston. Lauren Jeans Co. by Ralph Lauren skirt, $80, select Bloomingdale's, ralphlauren.com. Yves Saint Laurent cuff, $935, select Yves Saint Laurent boutiques, 212-980-2970; ysl.com. Gucci belt, $225, shoes, $995, Gucci stores, 800-456-7663; gucci.com. Hue socks, $14, Bloomingdale's. *Page 138*: Dolce & Gabbana T-shirt, $295, 877-703-4872; dolcegabbana.it. Acne jeans, $225, Acne Studios, NYC, 212-625-2828; acnestudios.com. Yves Saint Laurent cuff, select Yves Saint Laurent boutiques, 212-980-2970; ysl.com. Gucci belt, $225, Gucci stores, 800-456-7663; gucci.com. Christian Louboutin boots, $825, Neiman Marcus, 888-888-4757; Saks Fifth Avenue; Christian Louboutin boutiques; christianlouboutin.fr. *Page 139*: American Apparel hoodie, $39, americanapparel.net. Current/Elliot jeans, $207, Louis Boston, Boston, 800-225-5135; louisboston.com. Alexander McQueen scarf, $220, Alexander McQueen, NYC, Las Vegas, L.A.; alexandermcqueen.com. Linea Pelle Collection belt, $2,120, Intuition, L.A., 877-310-8442; shopintuition.com. Gucci boots, $1,250, Gucci stores, 800-456-7663; gucci.com.

All-American Beauty *Page 141*: What Comes Around Goes Around vintage shirt, $148, vintage scarf, similar styles available at What Comes Around Goes Around, NYC, 212-343-9303; nyvintage.com. Hanes T-shirt, $10 for set of three, Wal-Mart stores; Target stores; 800-994-4348; hanes.com. *Page 142*: 3.1 Phillip Lim cardigan, $750, Muleh, Washington, D.C., 202-667-3440; Abersons, Tulsa, OK, 918-744-9393. Petit Bateau camisole, $23 for two, Four and Twenty Sailors, Salt Lake City, 801-485-2951. Eres leggings, $280, Eres, NYC, Beverly Hills; 888-656-3737; eresparis.com. Dogeared Jewels & Gifts bracelet, $14, dogeared.com. Trovata sweater dress, $353, select Barneys New York. Eres leggings, $460, Eres, NYC, Beverly Hills; 888-656-3737; eresparis.com. *Page 143*: Gant turtleneck, $165, Gant, NYC, 212-813-9170. Splendid blouse, $73, shopbop.com. *Page 144*: Hugo cardigan, $275, 800-484-6267; hugoboss.com. See by Chloé blouse, $220, Madison, L.A., 323-651-4003. Collection 18 scarf, $28, 800-666-1818. *Page 145*: Petit Bateau cardigan, $101, Panoply, Rhinebeck, NY, 845-876-3901. Boss Orange dress, $295, 800-484-6267; hugoboss.com. Loro Piana hat, $210, Loro Piana stores, 212-980-7961; loropiana.com. Mavi dress, $68, Mavi, NYC, 866-628-4575; mavi.com/shop. Petit Bateau long-sleeve T-shirt, $53, V-neck T-shirt, $46, Petit Bateau, NYC, 212-988-8884. Loro Piana hat, $395, Loro Piana stores, 212-980-7961; loropiana.com.

Fall Clothes You Can Wear Now *Pages 146–147*: Burberry Prorsum coat, $3,595, dress, $1,995, hat, $250, scarf, $595, necklace, $995, burberry.com. Calvin Klein tights, $28, select Bloomingdale's; select Nordstrom; select Macy's. Hunter boots, $115, bloomingdales.com. *Page 148*: Vera Wang dress, $1,385, Nordstrom. Vera Wang top, $545, coral necklace, $980, aquamarine necklace, $1,495, Bergdorf Goodman, NYC. *Page 149*: Dolce & Gabbana shirt, $1,050, jeans, $1,350, scarf, $495, belt, $350, shoes, $975, 877-703-4872; dolcegabbana.it. Hue socks, $7, Bloomingdale's. *Page 150*: Proenza Schouler dress, $2,985, Bergdorf Goodman, NYC. Proenza Schouler tights, shoes, proenzaschouler.com. Jean Paul Gaultier umbrella, 212-632-9300. *Page 151*: Dior jacket, $3,820, skirt, $940, Dior, NYC, 212-931-2950. Carolina Amato gloves, $150, carolinaamato.com. At left, from top: Coro vintage bracelet, $350, House of Lavande vintage bracelet, $1,000. At right, from top: Sandor vintage bracelet, $350, House of Lavande vintage bracelet, $400, all available at House of Lavande, Palm Beach, FL, 561-802-3737; houseoflavande.com. Dolce & Gabbana bag, $3,975, 877-703-4872; dolcegabbana.it. MeMoi tights, $20, 877-453-8268; memoi.net. Zoraide shoes, $1,450, Barneys New York stores; barneys.com; Jeffrey stores; jeffreynewyork.com; Ikram, Chicago; ikram.com. *Page 152*: Prada dress, $4,050, belt, $490, select Neiman Marcus. Zoraide shoes, $1,700, Barneys New York stores; barneys.com; Jeffrey stores; jeffreynewyork.com; Ikram, Chicago; ikram.com. *Page 153*: Yves Saint Laurent dress, $1,925, select Yves Saint Laurent boutiques, 212-980-2970; ysl.com. Chloé belt, $685, Elyse Walker, Pacific Palisades, CA, 310-230-9911; Esti's, Brooklyn, 718-645-2600; Scoop, NYC, 212-925-2266; Choices, Pittsburgh. Hue tights, $11, Bloomingdale's. Zoraide shoes, $1,700, Barneys New York stores; barneys.com; Jeffrey stores; jeffreynewyork.com; Ikram, Chicago; ikram.com. *Page 154*: Nina Ricci jacket, $2,400, Ikram, Chicago, 312-587-1000; Kima Zabête, NYC, 212-941-9656. Nina Ricci blouse, $1,790, Barneys New York, NYC, 212-826-8900; Tender, Birmingham, MI, 248-258-0212. Nina Ricci pants, Addresse, Philadelphia, 215-985-3161. Nina Ricci scarf, $750, Ikram, Chicago, 312-587-1000. For more information, go to nina-ricci.com. *Page 155*: Marc Jacobs coat, $2,700, blouse, $1,400, pants, $1,900, belt, Marc Jacobs, Boston, 617-425-0707; marcjacobs.com. Hoss Intropia by Paloma Vazquez de Castro necklace, $245, Little Black Dress, Tiburon, CA, 415-789-8925. Wolford tights, $54, 800-965-3673; wolford.com. Dolce & Gabbana shoes, $975, 877-703-4872; dolcegabbana.it.

The 11 Greatest Bodies on Earth *Page 156*: Blumarine dress, $2,945, Boboli, Vancouver, British Columbia, 604-736-3458; blumarine.com. *Page 157*: Gucci dress, $3,995, select Gucci stores, 800-456-7663; gucci.com. *Page 158*: Pilar Rossi dress, $3,900, Pilar Rossi, NYC, 212-288-2469; pilarrossi.com. *Page 159*: Miu Miu dress, $1,790, select Miu Miu boutiques, 888-977-1900. *Pages 160–161*: Dior dress, $12,130, Dior, NYC, 212-931-2950. Rue du Mail by Martine Sitbon dress, $3,000, Saks Fifth Avenue; Neiman Marcus; Anastasia, Laguna Beach, CA; Susan of Burlingame, Burlingame, CA; Amaree's, Newport Beach, CA; Bergdorf Goodman, NYC; ruedumail.com. Valentino dress, $7,650, Valentino boutiques; Neiman Marcus; neimanmarcus.com. Preen by Thornton Bregazzi trouser suit, $1,432, body wrap, by special order at Seven New York, 646-654-0156; sevennewyork.com; preen.eu. *Page 162*: Louis Vuitton dress, $16,165, 866-884-8866; louisvuitton.com. *Pages 164–165*: On Felix: Lanvin yellow dress, $5,805, Outfit at the Wynn, Las Vegas, 702-770-3465; Jeffrey, NYC, 212-206-1272. On Richards: Lanvin dress, $5,860, Outfit at the Wynn, Las Vegas, 702-770-3465; Jeffrey, NYC, 212-206-1272.

Christina *Page 171*: Madewell cardigan, $60, madewell1937.com. Renee Lewis ruby and diamond crescent necklace, $20,000, Barneys New York, NYC, 888-822-7639. Stephen Webster diamond and white gold necklace, $3,400, long gold pendant necklace, $8,500, white gold, diamond and black diamond ring, $8,500, Bergdorf Goodman, NYC, 800-558-1855.

The New Rules of Casual Chic *Pages 172–177*: All clothing and accessories available at Gap stores, 800-427-7895; gap.com.

How to Do Anything Better Guide *Page 188*: Converse sneakers, $52, converse.com.

BEAUTY CREDITS

Beauty Star *Page 50*: Lancôme Color Fever Lipstick in Red and Sensual Java, $25, lancome-usa.com Kerastase Masque Oléo-Relax, $58, kerastase.com. Shu Uemura Eyelash Curler, $19, shuuemura.com. Lancôme Secret de Vie Yeux, $140, lancome-usa.com.

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BY KIMBERLY BONNELL & PAMELA REDMOND SATRAN

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2 Separate bank accounts and vacations—even after you're married.

3 *Always beating him at poker.*

4 Your totally f'ed-up dysfunctional family (as long as you *realize* they're crazy).

5 His bachelor party lap dance.

6 *Garlic breath.*

7 Unemployment. That's your "for poorer" vow right there!

8 Surreptitious googling of your exes.

...and 5 things it can't

1 Always having to be perfect around him.

2 Constantly thinking you could have done better.

3 An every-single-night Internet porn habit.

4 Your grand plans to change him.

5 Lotsa lust but no respect.

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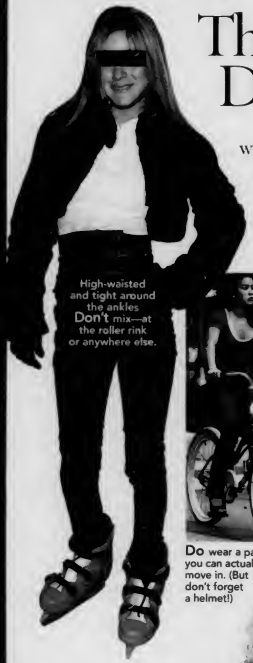
The official Dos & Don'ts of denim

We can't even imagine a world without jeans—but there *is* a limit to just how tight, ratty and low you can go.



High-waisted and tight around the ankles **Don't** mix—at the roller rink or anywhere else.

Do wear a pair you can actually move in. (But don't forget a helmet!)

Do dress up your jeans with heels and a great clutch. She looks chic.

DENIM ONESIES: A **DON'T**!

Overalls belong in a garden only—minus the cleavage.

Forever a **Do**: a white T-shirt and perfect-fit jeans, like Beyoncé's. Love the red pumps!

BLEACH JOBS? JUST **DON'T**!

Don't take the worn-in look to extremes.

Don't go this long: too sloppy and dangerous.

Don't cut 'em off shorter than your pockets!

Unless you're going to a Poison reunion tour, acid-wash jeans are a **Don't**.

Bleach-y skeleton stripes? Just **Don't**.

BEYONCÉ, RAMEY PHOTO; HIGH-WAISTED (AT TOP LEFT), REX USA; ALL OTHERS: DORINE ANDREW

Go to **glamour.com/dosanddonts** to see more Dos & Don'ts—and post your own!

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